THE SATURDAY EVE[illegible]OST

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May/June '91 $2.25

Surgeon General Antonia Novello:

Post Cover Artist John Falter

Recipe for a Healthier Heart

Saving the Amish Children

Science Fiction

Golf's Hottest Tour

Quick Check Car-Care Guide

New Hope for Our Schools

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Antonia Novello—America's surgeon general had to overcome a severe childhood affliction. 38

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A Stalled Car—won't be a problem if you follow race driver Lyn St. James's troubleshooting tips. 78

THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

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(Cover photograph by Bill Fitz-Patrick)

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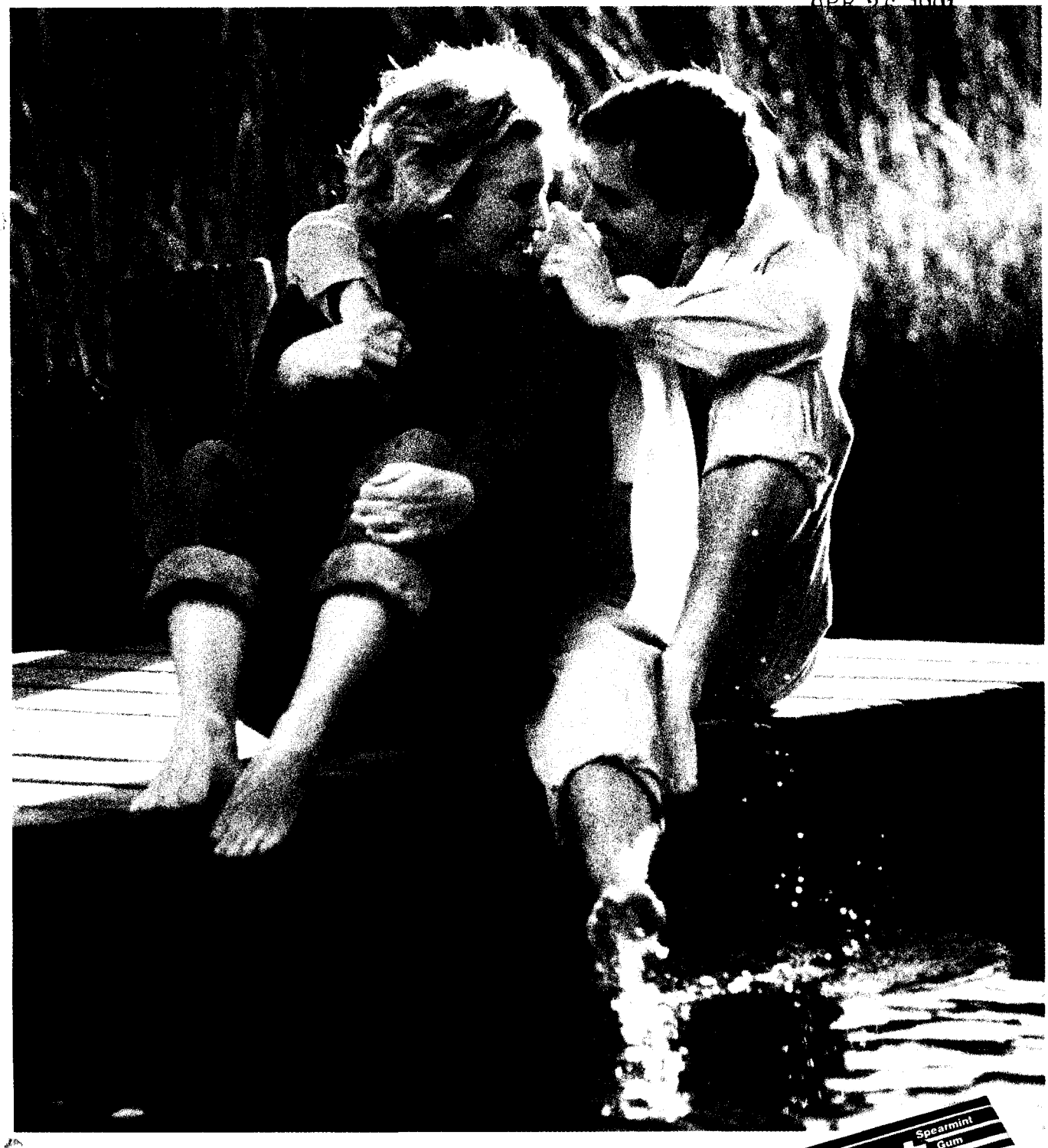

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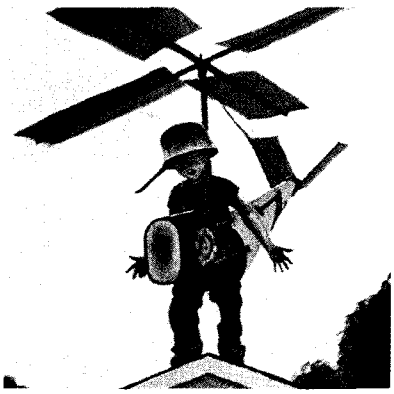
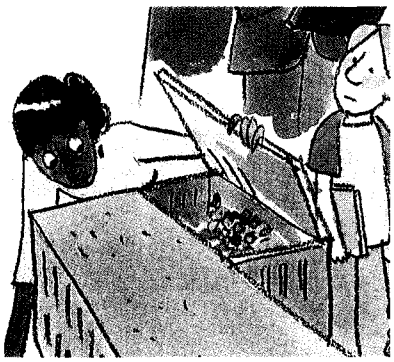


America the Beautiful and the Humorous—is celebrated in a John Falter retrospective in the American Illustrators Hall of Fame. **50**



The Right to Choose Your Child's School—has turned into a controversial national issue that may lead to better education. **28**

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Letters

Give Us Some Limelight

I must say, I was greatly surprised to find the print of *The Saturday Evening Post's* November '43 Thanksgiving issue printed again (Nov./Dec. '90 issue), the first time that I know of since it was first published in 1943.

I am the model of that cover and am very pleased to have seen it once again. It is just a shame that the names of these models of the *Post* covers are not mentioned along with the print covers. I know my family would like to see it beside my cover.

I am sure there are many models who are still alive and who would also appreciate seeing their names.

My cover was made when Norman Rockwell was in Arlington, Vermont. I lived in Rutland, Vermont, and was 13 years old at the time. It was a very memorable time in my life.

Thank you for publishing it one more time.

Olive Ponton Chamberlain
St. Petersburg, Florida

Editor's note: "'Tis pleasant, sure, to see one's name in print," Lord Byron wrote.

Why the Post *never put the names of cover models in print, however, had much to do with the fact that the artists never furnished the models' names to be put in print.*

In this case, however, better late than never. So let it be known to the wide world of our readership that the model on the cover of the November

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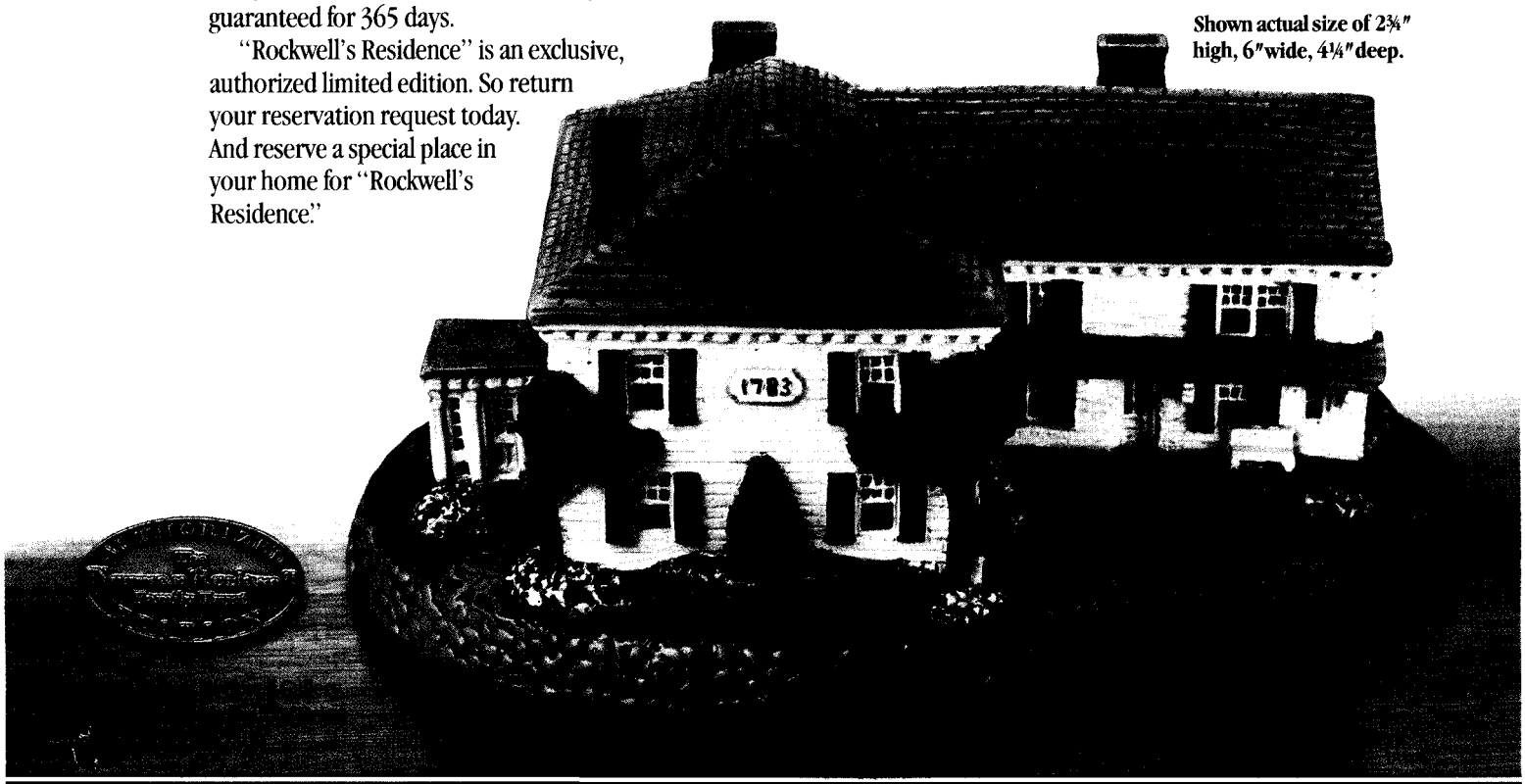
Demand for The Gallery's first cottage series was much greater than expected. Considering its premier issue status, "Rockwell's Residence" could be even more successful. Its $34.95 price is ideal for collectors of investment-quality art. And your satisfaction is unconditionally guaranteed for 365 days.

"Rockwell's Residence" is an exclusive, authorized limited edition. So return your reservation request today. And reserve a special place in your home for "Rockwell's Residence."



Shown actual size of 2¾" high, 6" wide, 4¼" deep.

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27, 1943, Saturday Evening Post *is none other than Olive Ponton Chamberlain.*

Important Ingredient

I just baked the Whole-Grain Currant Quick Bread, using the recipe on page 36 of the Jan./Feb. '91 issue.

The most helpful thing to tell a cook is the size of pan to bake a recipe in. After thinking about this one, I finally used a bread pan, and it worked out O.K. Please try to include this information with all recipes.

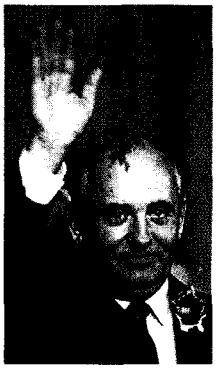
I am enjoying reading *The Saturday Evening Post.*

Please stand by your decision not to advertise tobacco products. I am delighted with the turn of events along that line. I hope more and more public places forbid smoking inside.

Billie Burns
Orange, Texas

Port-Wine Stain Removal

Though your intentions are honorable, removing Mikhail Gorbachev's port-wine stain (through laser technology) could have serious international repercussions. There's the risk that the Russian people may no longer believe that it's actually Gorbachev (without his distinctive mark), thinking he's merely an imposter, which may force him to resign as leader of the Soviet Union, which in turn may have an adverse impact on U.S.-Soviet relations. Besides, that port-wine stain gives Gorbachev a unique, distinctive, easily recognizable appearance. Without it he seems like just an ordinary person. So Gorbachev may not even want it removed, as he may consider it as his "trademark."



Mikhail Gorbachev with his port-wine stain intact.

Kenneth L. Zimmerman
Cypress, California

Post Archives, an American Treasure

I have been a reader of *The Saturday Evening Post* for many years. In fact, my parents read it before me and as I am now 72 years of age, you can see that we go back a long time—a most enjoyable magazine.

As some friends and I hope to travel in the United States this summer, there are some articles that I would like to search out. I have been to the archives in Ottawa here in Canada, but there were missing issues.

The issues that I am interested in are further back than 1935.

If you could let me know where these are kept, we could take that in, in our travels, and this would be much appreciated.

It runs in my mind that the headquarters was at one time in Pennsylvania, but over the years there have been changes.

Doreen Butson
Ontario, Canada

Editor's note: The Saturday Evening Post *and its archives were moved from Philadelphia to Indianapolis 20 years ago. Visitors are welcome to tour our American Illustrators Hall of Fame, where many old* Post *cover illustrations grace our walls.*

Due to the fragile nature of the magazines stored in the archives, the archive is not always open to the public, but special guided tours can be arranged. We will attempt to fulfill requests for old articles from past issues.

Readers interested in this service

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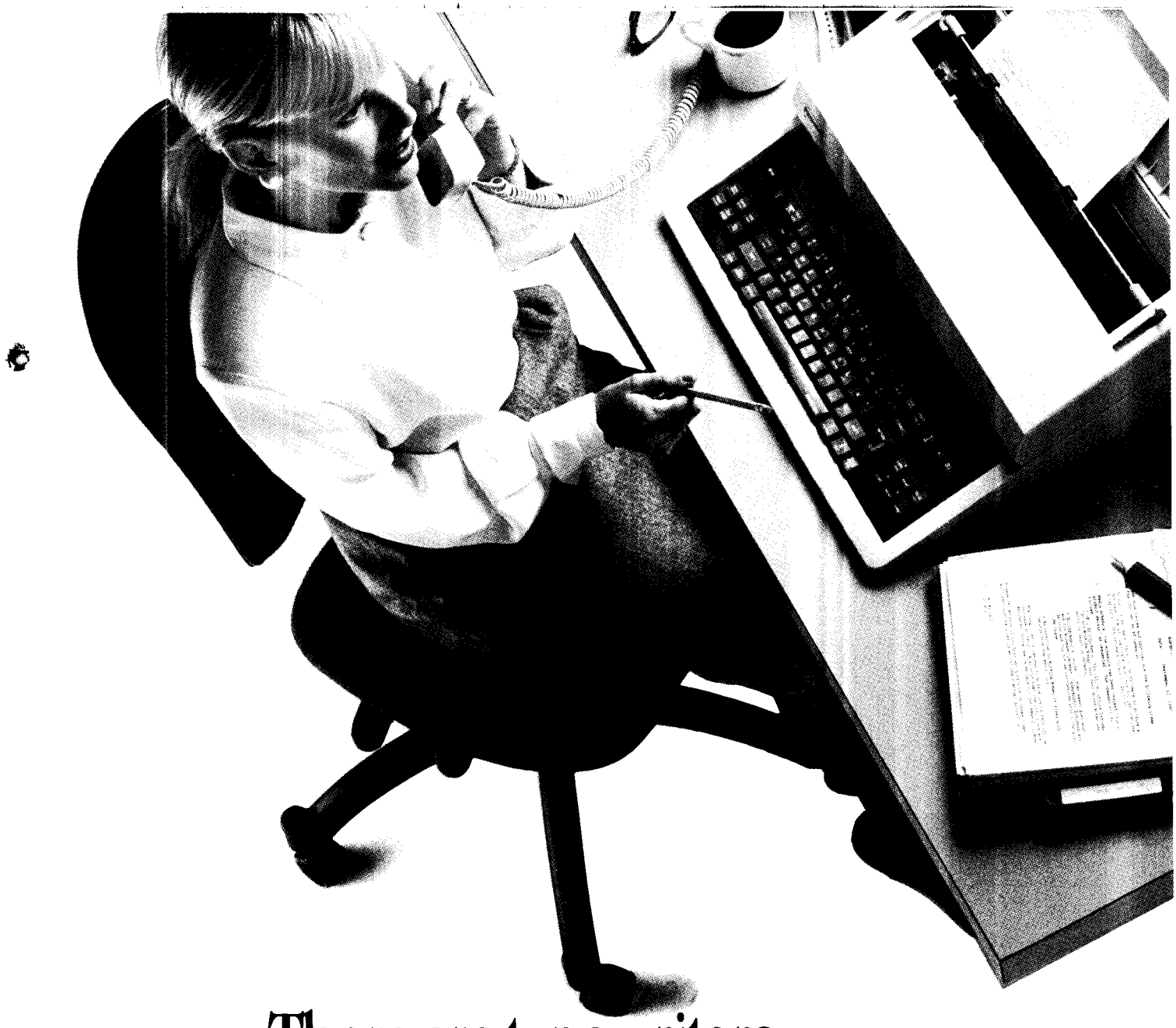

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Ardent on Arnold

Thanks for a great February issue (Fred Savage on cover—good picture).

I have a request from my daughter, who at 4½ years old is an ardent fan of Arnold Schwarzenegger! Since you have featured him in this issue, is there an address you could furnish us with so she could "write" Arnold? I think his movie *Kindergarten Cop* really hit a chord with her, seeing that she'll be starting school in September '91.

Janie Watson
Duluth, Georgia

Editor's note: Please send her letter to The Saturday Evening Post, *and we'll get it to him.*

The Finishing Touch

I would appreciate very much if you could send me Washington's prayer that was in the Nov./Dec. '90 *Post.* I gave my issue to a friend before retrieving the prayer—I have just framed a picture of George Washington kneeling in prayer at Valley Forge. If I could get his prayer it would make my arrangement just perfect. I have been a subscriber to the *SEP* for several years

now and my mother was many decades ago—a wonderful magazine to read and display. I thank you kindly.

A. A. Murphy
Clarion, Pennsylvania

Error Spotted by Eagle Eye

Don't you have someone on your staff who is aware of grammatical errors? I enjoy *The Saturday Evening Post*, but I'm disappointed when I see an error like the one on the March issue cartoon page.

It is correct to say, "Teach your mother." It is *incorrect* to say, "Teach I." Therefore, it is incorrect to say, "Teach your mother and I." So say, "Teach your mother and me." There is a compound object of the verb "teach."

No wonder our young people have a hard time with grammar. They hear so many mistakes on radio and television and see so many in newpapers and magazines.

Just have an "eagle eye" for errors.

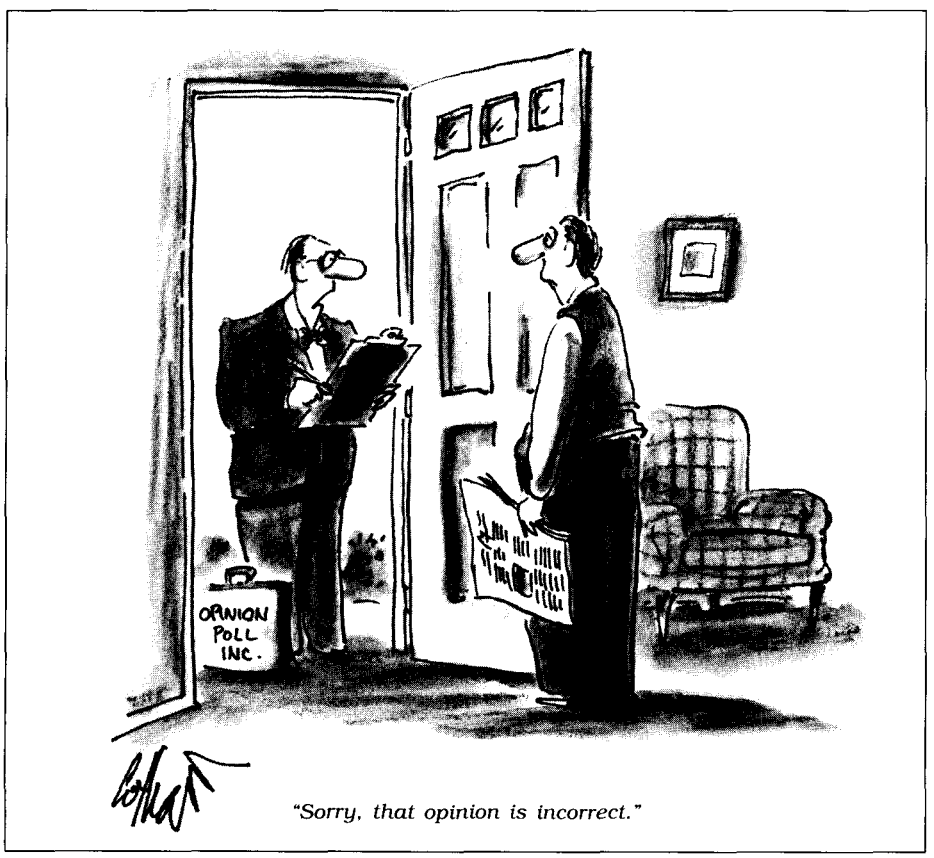
Mrs. Joe R. Baker
Oklahoma City, Oklahoma

Editor's note: Thanks for your help. A new copy editor let this cartoon caption fall between the cracks. We'll be more vigilant because cartoonists are notoriously poor spellers as well.

Recycled Information

Today is my 70th birthday, and I'm another one who peddled *Post*s back in the '30s.

The main thing I'm writing about is



"Sorry, that opinion is incorrect."

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PEDAL PUSHERS	[illegible]	[illegible]	21	22

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that I have collected aluminum cans for recycling for at least 20 years, and right now I have the Jan./Feb. issue opened to the letters section in front of me—I could hardly believe it when I just read the letter from Nicki Elliot in Atlanta, claiming that Pepsi doesn't use aluminum cans. I have news for Nicki, I have crushed and recycled many thousands of Pepsi aluminum cans; in fact, I have a few hundred of them stacked up here right now waiting to go to the recycler.

Robert Whitney
Burlington, Washington

Editor's note: We understand that these days some beverage cans are made of aluminum and some of very thin steel. It's not easy to tell which is which, unless you test them with a magnet. Recyclers should accept both. The aluminum cans are worth more, of course. Local bottlers decide which to use, so you may find your favorite soft drink can is steel in one town, and aluminum in another.

Behind Closed Doors

If your story "Lent: The Slow Fast" were a movie, it would have an "R" rating. When a man is in bed with his wife and is contemplating intimacies, he does not need observers.

In *The Saturday Evening Post* this story is in poor taste. Perhaps it would be at home in *Playboy* magazine.

Mary Charlotte Mitchell
Cape Coral, Florida

I was very disappointed in the content of "Lent: The Slow Fast" in your March 1991 issue. In my opinion it was more than sexually suggestive and almost smacked of low-key "erotica." It surely did not seem to be in character with your fine magazine. My children read the *Post* from cover to cover, and I would not be happy if they read that story.

I am wondering if this story passed through your editors because of the past connection of the author with *The Saturday Evening Post*. Please, in the future let your audience choose this kind of story from the racks beside the grocery check out, not from the pages of *The Saturday Evening Post*.

Sally Hinderager
Fort Shaw, Montana

The story by Starkey H. Flythe, Jr., "Lent: The Slow Fast" is not the type of fiction I like to read in your magazine. Graphic descriptions of a couples' (married or not) sexual activities are not appropriate for the typical wholesome *SEP* articles. As far as I'm concerned, you're treading on thin ice. Don't test me.

Mrs. J. E. Conlan
Birmingham, Michigan

Washington Without Testing

I recently read in your Jan./Feb. '91 issue of your bill on a law for testing newborns for galactosemia. I noted our state of Washington is one which does not have such a law. I feel it would be well if you would send the mentioned literature to our following legislators.

A Post reader

Editor's note: Thanks, our Indiana model bill was sent to your legislators. Other states that still don't have a galactosemia testing law are Alabama, Arkansas, Hawaii, Louisiana, North Dakota, Pennsylvania, South Dakota, and Tennessee.

Laugh It Up

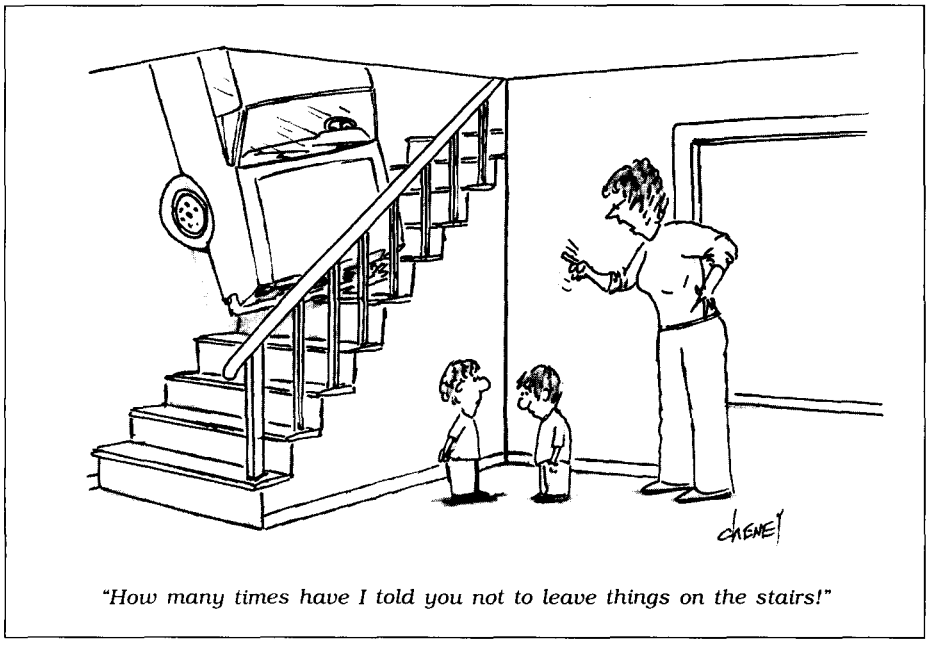
May I recommend adding to your list of "Laughter Prescriptions" the "I Love Lucy" show with Desi Arnaz. We start our day watching their antics, laugh heartily, and smile a good part of the day.

E. T. Basralian
Hasbrouch Heights, New Jersey

Perfect Squelch in Poor Taste

In your March ('91) issue on page 106, "The Perfect Squelch" feature, contributed by Ervin G. Roorda, is in such *bad taste*! I am surprised you allowed something so despicable to appear in your magazine. I love your magazine—especially the humor and cartoons. But this article I'm referring to has to do with the Holy Spirit of God, Who is the third person of the Trinity!

He (the Holy Spirit) is *never* to be dragged down or made sport of. This is sacrilegious and blasphemous, a direct insult to God the Father, and an offense to me. Diety should be reverenced at all times. Surely there are enough subjects you can find humor in or take pot shots at—please don't stoop so low and allow *degenerates* to contribute to one of the few magazines



"How many times have I told you not to leave things on the stairs!"

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that still maintains good, wholesome articles as well as humor.

Diety is *holy* and should under all circumstances remain that way *every time* it is referred to. I feel a public apology is in order to the many Christians who have been offended by the aforementioned article.

Marie Chioni
Dingmans Ferry, Pennsylvania

Editor's note: We apologize to any of our readers who might have been offended by our Perfect Squelch, but we would add that it was submitted by a minister.

Maynard's Masterwork

Maynard, the first thing which I read in the *Post* every month is your witty article. "Hernia and Hisnia" is a masterwork. All here have found it riotously funny.

I had a hernia repair in the recent past and could empathize with you, although mine was the most excruciatingly painful experience I have ever had. I've attended several "grand openings" in the past, not to mention hemorrhoidectomies, novel experiences every one, if "novel" can be stretched so far. I've been through the routine which you described, exactly.

I found out, following my hisnia, that I have a low blood count, way down in the danger zone, as my doctor later told me. The attending physician threatened to have me undergo a blood transfusion, which he informed me was 99 percent safe, but if there's a chance to lose, you can count on me every time. (More on this subject, below.) I demurred. Having a great need for blood, what do you suppose was the reaction of the good people in the hospital, at hours ranging from 3:30 a.m. to 7:30 a.m? If you were to suggest that they allowed me to continue to sleep, you would have guessed wrong. Having so little blood in me, each morning they extracted three vials (a quantity equal to about a half gallon) from my sore arms, leaving me barely enough to survive on for the following day. I queried my doctor about the anomaly, and the next day (or shortly after midnight) the laboratory technician only took one vial from me.

I wish to suggest that you compile your humorous writings into a book, as saving magazines for future readings is impractical, a staggering burden.

Tom Moore
Madison, Virginia

The Golden Voice Of Kate Smith

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Beautiful Ohio
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Carolina Moon
My Old Kentucky Home
Scarlet Ribbons
Greensleeves
Cool Water
The Trolley Song
Saturday Night Is The Loneliest Night Of The Week
Don't Fence Me In
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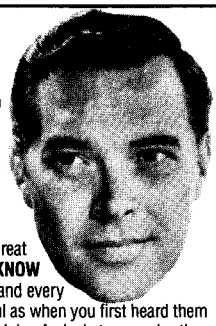

22 Unforgettable Songs on Records, Tapes & Compact Disc
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LITTLE WHITE LIES
THE MORE I SEE YOU
WHERE OR WHEN
IT MIGHT AS WELL BE SPRING
IT HAD TO BE YOU (w/Helen Forrest)
TOGETHER (w/Helen Forrest)
LONG AGO (AND FAR AWAY) (w/Helen Forrest)
HOW DEEP IS THE OCEAN
TILL THE END OF TIME
LAURA
IT'S MAGIC
MAM'SELLE
THE NEARNESS OF YOU
MOONLIGHT BECOMES YOU
THE VERY THOUGHT OF YOU
I'LL BUY THAT DREAM (w/Helen Forrest)
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Post People

Linus Pauling, the high priest of vitamin C, is 90 years old and going strong. Strong enough, at any rate, that he begins his nine-hour workday at 4 a.m., when he begins ruminating on theoretical math.

Pauling has won two Nobel prizes: one for chemistry in 1954, the second for world peace. To promote "orthomolecular medicine"—how vitamins and other substances in the body contribute to health—he founded the nonprofit Linus Pauling Institute of Science and Medicine in Palo Alto, California, in 1973.

For exercise, the amazing nonagenarian carries excess rocks away from his Deer Flat Ranch in Big Sur, where he lives alone (his wife died in 1981), and brings in wood for his fireplace. "I used to chop it," he says, "but I can't do that anymore."

"I really felt it was time to get back in," says funnyman ***Jonathan Winters***. "On one hand, you can wear yourself out if you're on too much. And if you aren't on at all, people think you're dead."

Dead, he definitely isn't; nor has he worn himself out. Although out of the public eye for awhile—painting at his home in Montecito, California, and putting five years into writing *Winter's Tales: Stories and Observations for the Unusual*—Jonathan Winters is now back in the public eye in a big way. You have but to view the half-hour sitcom "Davis Rules" (Tuesday nights at 8:30 EST) to agree. Winters costars with feature film star Randy Quaid, who plays a single parent raising three young sons with the sage advice of his eccentric father, Gunny Davis (Jonathan Winters).

What lured him away from his beloved easel was an agreement by the show's producers that he would be allowed to improvise.

"I don't do jokes well," he says. "I think you can be funny just by commenting on the present scenes. I try to create verbal pictures."

The cast of "Murphy Brown" calls ***Faith Ford***, who plays one-time beauty queen Corky in the hit CBS series, the "Swamp Thing." The sobriquet was born from the stories Ford tells her urbane costars about hunting the swamps and bayous with her father during her childhood. Faith left Pineville, Louisiana, to try modeling in New York, and soon left her accent at a voice training school. This led to a role in the NBC soap, "Another World;" to L.A. and a husband, actor Richard Nottingham; a recurring role in ABC's "thirtysomething;" and now Corky, who is "a little different."

Although Faith Ford modestly says that being a star is no big deal, Candice Bergen (a.k.a. Murphy Brown) disagrees. "(Faith) is a wonderful comedienne," she says, "and a terrific asset to the show."

So it looks more and more as if Faith's New Year's resolution to "slow down and enjoy life" will apply only to some year in the future.

The return of "The $100,000 Pyramid" to television has marked the return of ***John Davidson*** to host this star-studded game show.

After "Hollywood Squares," "That's Incredible," "The John Davidson Show," beauty pageants, and Christmas specials, hosting shows might appear to be the number-one vocation of this versatile actor/singer. In between, however, have been nightclub appearances at Las Vegas, feature films, Broadway, and his music.

As for this latest venture, in which two top personalities each week go head-to-head teamed with two contestants from the studio audience, the show's producers are trusting in Davidson to put it all together. "He is the perfect person to not only helm a challenging game show," they say, "but to join in the fun."

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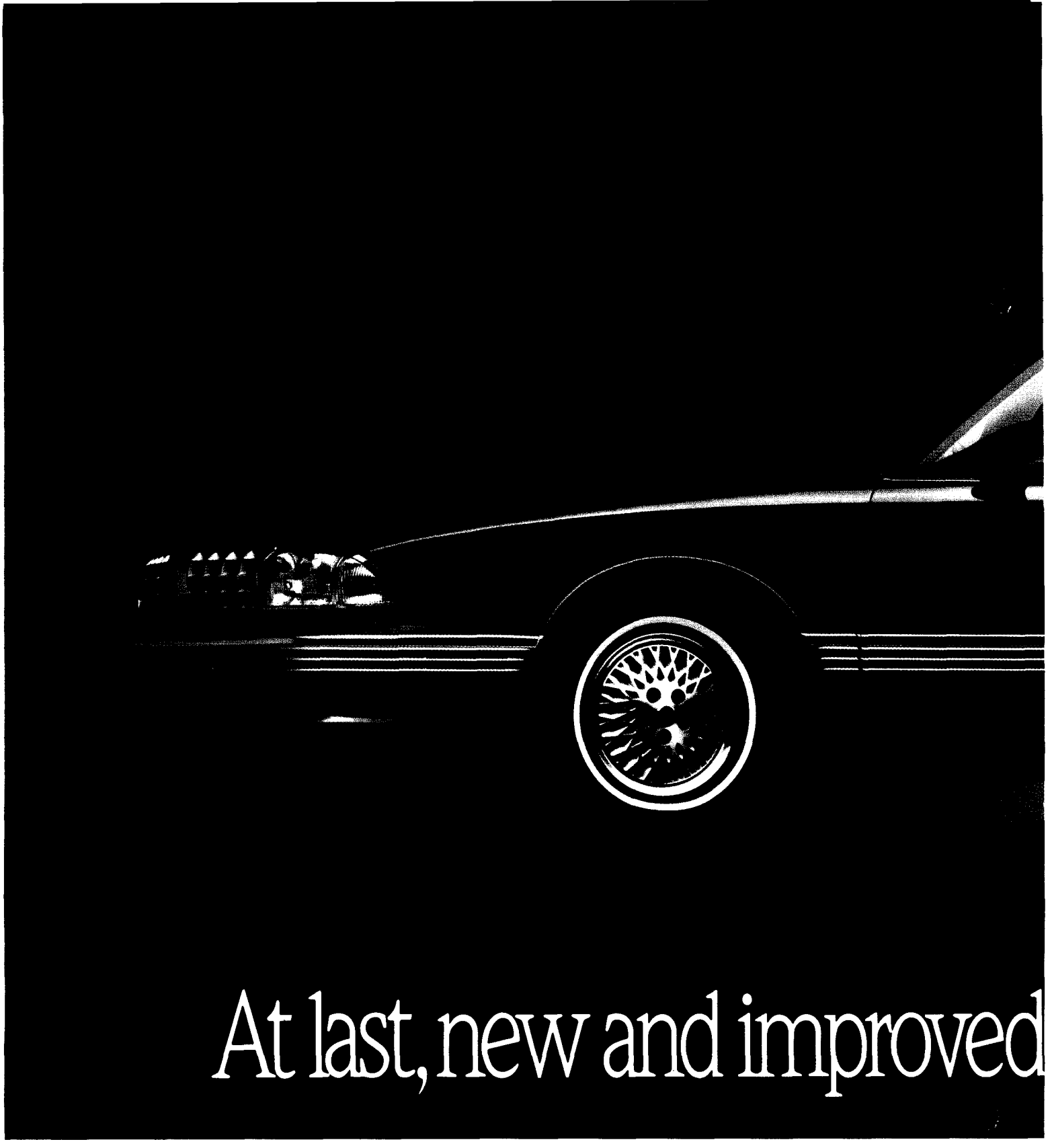

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After you see the all-new Oldsmobile Ninety Eight, you'll agree that new and improved really does mean something. To find out more, just stop by your local Olds dealer. Or simply call 1-800-242-OLDS, Monday through Friday, 9 a.m. to 7 p.m. EST.

Ninety Eight

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WATCH OUT FOR THE WOLLYPOPS

by Will Stanton

Illustrated by Robert Weber

The average quotation isn't a lot of help around the house. "Millions for defense, but not one cent for tribute," is an elevating thought, but not much help when the washer quits. Or take "Oh, to be in England, now that April's there." It has a lovely sound, but it's not something you can really say when your wife's mother comes to visit. Not much help either is "Lives of great men all remind us we can make our lives sublime," particularly when the boss is coming for dinner and the plumbing is stopped up.

It seems to me there's a place in our lives for some of the homely sayings that never make anthologies. When I was a boy, for example, we had a young and inexperienced hired girl who came to stay with us. The first morning she cooked soft-boiled eggs for breakfast, and when she tried to open them, she had a touch of stage fright. She took a spoon and hit the first one about a quarter of an inch from the end. Then she gave an ineffectual tap a little farther down.

My father took the egg from her and sheared off the top with an easy flick of his knife. "Never be afraid of a soft-boiled egg," he told her.

Since then I have had many harrowing experiences—trying to assemble a tricycle, carving a duck for company, having a conference with a child's teacher, tearing a strip of adhesive tape, gift-wrapping a lamp, costuming a small daughter for a Thanksgiving pantomime. And when I've been most convinced that the world was against me, my father's words—"Never be afraid of a soft-boiled egg"—have carried me through. A man who has truly overcome his fear of a soft-boiled egg can face the rest of life's problems with dignity and grace.

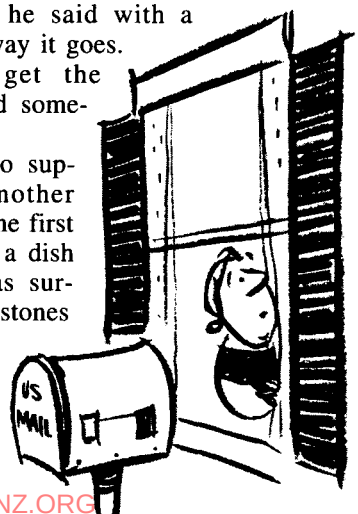
This is the earliest quotation in my collection, but not the only one to stem from my father. A number of years later he happened to be on an airliner that was forced to make an emergency landing. He was describing afterward how calmly the passengers received the news. "After the stewardess made the announcement," he told us, "nobody said a word! We just kept right on talking."

Technically, this is known as an Irish Bull—the oddest form of misstatement in the language. I feel fortunate in having two of these. For the second one I'm indebted to my wife. At dinner, while cautioning one of the children about stuffing his mouth, she said, "Don't you put another thing in your mouth until you've swallowed it first."

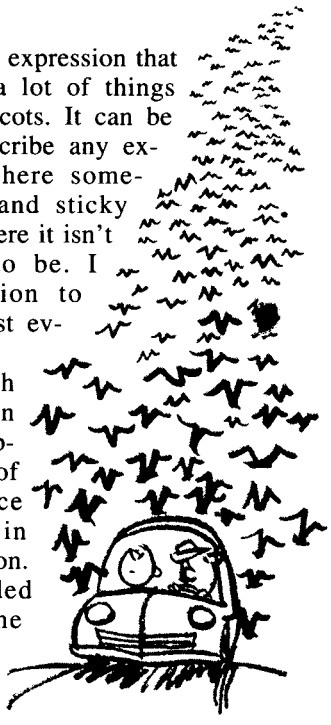
This was Gabe, the three-year-old. We also have Roy, who is five, and Sheila, who is eight. One time they were opening boxes of Crackerjack, and Roy's prize was a cardboard sled which Sheila wanted very much. When she opened her box, she got something else. She was furious. Roy was a bit more philosophical.

"Well, Sheila," he said with a shrug, "that's the way it goes. Sometimes you get the cardboard sled, and sometimes you don't."

It was Gabe who supplied me with another noteworthy item. The first time he was given a dish of apricots, he was surprised to find the stones in them. "Hey, man," he said, "there's pieces of wollypops in there."



This is an expression that applies to a lot of things besides apricots. It can be used to describe any experience where something wet and sticky turns up where it isn't supposed to be. I find occasion to use it almost every day.



In truth my children have contributed most of the choice quotations in my collection. Roy decided one time he wanted a tractor—not a toy, but a regular farm tractor.

"I'm sorry," I told him. "I don't have enough money."

He said, "And what's your other reason?"

I said to him, "I don't have another reason."

He said, "You always ought to have two reasons."

Then there was the time I was playing a game of checkers with Sheila. She made an incautious move, and I jumped two of her men. She swept all of the checkers off the checker board.

"I don't think you're being very nice," she said. "You're *trying* to win."

I've thought about that quite a lot. I've decided that that's the reason I find so many people so hard to get along with. They're all trying to win.

It was Gabe who called my attention to a flock of birds one time when we were out for a ride. They had risen up from a field we passed and were fluttering wildly back and forth. I asked him what they were doing. He thought for a moment.

"Oh," he said finally, "they're just birdin' around."

I've tried to translate this remark into more general terms. What it means, I think, is a lot of frantic activity to reach a goal that

continued on page 93

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Let's get it together...buckle up.
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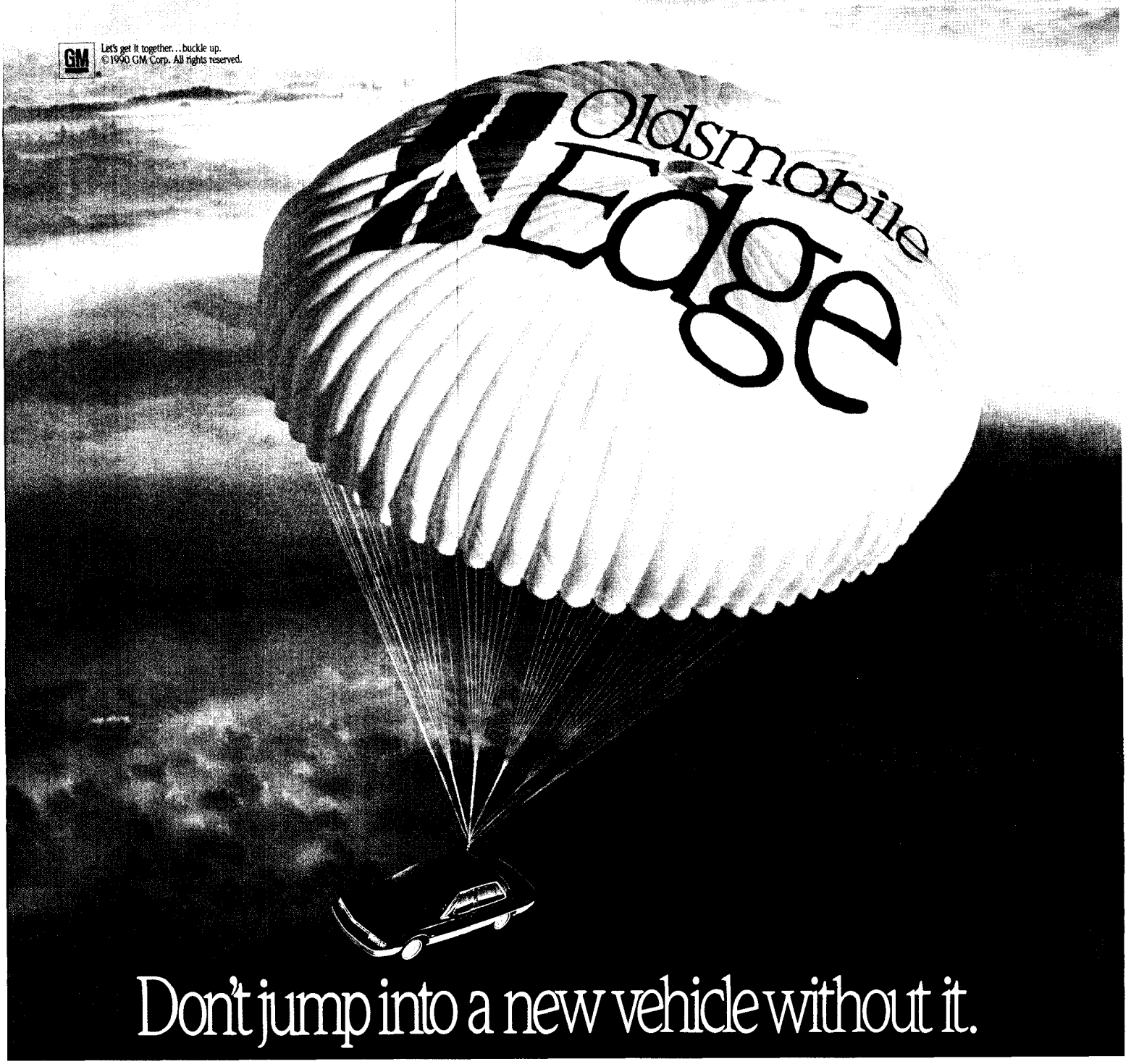

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Beans are in fact nature's best source of natural dietary fiber. Just one-half cup of cooked beans contains 6.78 grams of fiber, which is a good portion of the daily recommended amount of 20-30 grams.

Although beans look unassuming, they are nutritional powerhouses, loaded with protein, vitamins, and minerals, and low in calories, sodium, and fat. And because they digest slowly and satisfy hunger, they are a good choice for dieters.

Recently beans have entered the world of *haute cuisine*. Elegant recipes feature beans with cucumber and watercress sandwiches, lentil pâté on endive, caviar, and bean salad and even bean soufflé.

Bean lovers are also finding solutions for the age-old bean problem. A University of California Berkeley study reports that gas is a greater problem for those who eat beans infrequently. Frequent bean eaters develop appropriate digestive enzymes to help handle the problem. Just one more reason to hop on the bean bandwagon and begin eating beans on a regular basis.

* * *

Black Bean and Vegetable Salad
(Makes 6 servings)

2 cups cooked black beans
1 cup each diced, seeded tomato and cooked julienne turkey breast
1/2 cup each thin julienne turnip, chopped green peppers, and celery
1/4 cup each diced green chiles and chopped red onion
2 tablespoons diced sun-dried tomatoes in oil
Salsa Dressing, if desired

Combine all ingredients; toss to mix.

Salsa Dressing: Combine 1/2 cup medium salsa, 1 tablespoon each lemon juice and olive oil, 1/2 teaspoon grated lemon peel, crushed oregano, and minced garlic; mix well. Makes about 1/2 cup.

Serving Tip: Fill red and yellow pepper halves and serve with whole-wheat bread.

* * *

Bean Soup
(Makes 10 servings)

1/3 cup pinto beans
1/3 cup great northern beans

1/3 cup red beans
1/8 cup kidney beans
1/8 cup small white beans
1/4 cup garbanzo beans
1 tablespoon blackeye peas
2 tablespoons split peas
1 tablespoon black beans
1/3 cup lentils
1 large onion, chopped
1 can (16 oz.) tomatoes
1 teaspoon chili powder
1 clove garlic
1/2 cup red wine, if desired
1/2 cup chopped parsley

Place beans in large kettle and cover with water. Soak overnight. In morning, drain, then add 2 quarts water; simmer 2 1/2-3 hours. Add onion, tomatoes, chili powder, and garlic. Simmer another hour or longer. Before serving, add red wine and chopped parsley. Season to taste.

* * *

Spicy Raisin Muffins
(Makes 12 muffins)

1 cup cooked pinto beans
3/4 cup low-fat milk
2 egg whites
1/4 cup vegetable oil
1/4 cup honey
1 1/2 cups all-purpose flour (or 3/4 cup each whole-wheat flour and all-purpose flour)
2 teaspoons baking powder
1/2 teaspoon each baking soda and salt
1/2 teaspoon cinnamon
1/4 teaspoon each nutmeg and cloves
1/2 cup raisins

Purée beans with milk in blender or food processor until smooth. Transfer to bowl. Beat in egg whites, oil, and honey. Combine remaining ingredients. Fold into bean mixture, mixing just until dry ingredients are moistened. Spoon into greased or paper-lined muffin cups. Bake in preheated 400° F. oven for 15-18 minutes or until muffins are golden.

* * *

Pinto Pizza Olé
(Makes 1 14-inch pizza)

3 cups cooked pinto beans, divided
1 cup chopped onion, divided
1 can (8 oz.) tomato sauce
2 teaspoons chili powder
1 teaspoon cumin
1/2 teaspoon salt, if desired
1 pound frozen bread dough, thawed, or homemade, as desired
1/2 cup chopped green pepper
1/2 lb. grated Monterey Jack cheese
red pepper flakes, to taste

Mash 2 cups of beans; set aside remaining cup. Stir mashed beans, onion, tomato sauce, chili powder, cumin, and salt. Simmer 10 minutes. Pat or roll dough to cover bottom of greased 14-inch pizza pan. Spread with bean mixture. Top with remaining onion, green pepper, reserved whole beans, and cheese. Sprinkle with red pepper flakes. Bake in preheated 400° F. oven for 15 minutes or until crust is browned. Cut into wedges for serving.

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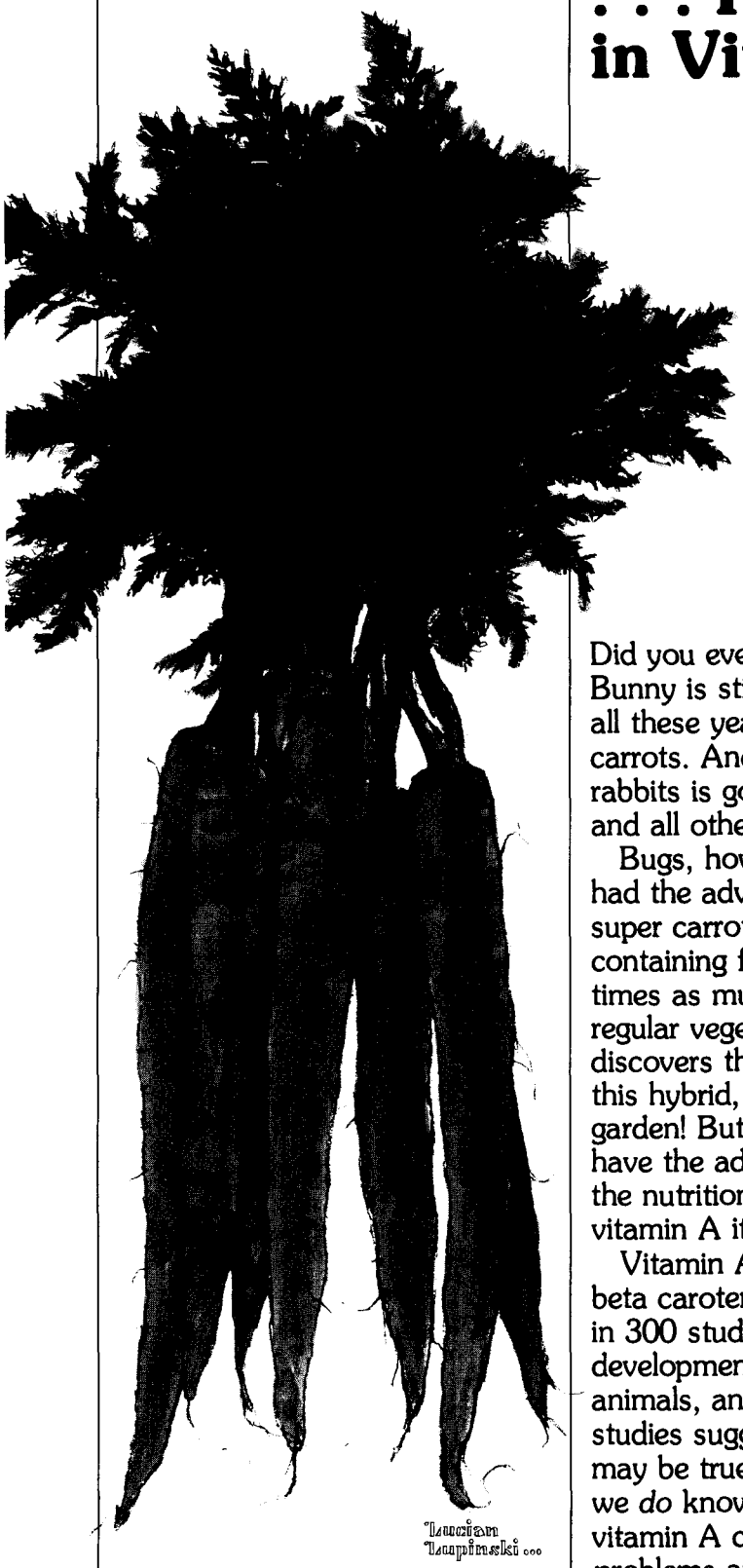
Super Carrots with Beta Carotene . . . Rate an "A Plus" in Vitamins



Did you ever wonder why Bugs Bunny is still going strong after all these years? Could be the carrots. And what is good for rabbits is good for Babbitts and all other humans.

Bugs, however, has never had the advantage of the new super carrot—a carrot containing from three to five times as much carotene as the regular vegetable. Once he discovers the better taste of this hybrid, there goes the old garden! But until then, you will have the advantage of enjoying the nutrition from the extra vitamin A it adds to the diet.

Vitamin A and its precursor, beta carotene, have been found in 300 studies to inhibit the development of cancer in animals, and some of the studies suggest that the same may be true for humans. This we *do* know: a deficiency of vitamin A can cause eye problems and a whole list of other diseases.

How much vitamin A does it take to keep a bully from kicking sand in your face at the beach and running off with your girlfriend? An adult has to eat 3½ ounces (100 grams) of common carrots to reach that recommended daily dietary allowance. BUT . . . just *one* ounce of this new hybrid will equal that amount. If, because of the good taste, you can't stop at one ounce, not to worry—the carotene in carrots is not toxic.

Although we do not want to add to your worries, what about the family—are you sure they are getting enough vitamin A? To relieve any fears, we would like to send you a packet of seeds for these super-carotene carrots. In return, we are asking you to send a contribution to The Saturday Evening Post Society. A contribution in any amount will help keep our health-mobiles rolling and our sleeves rolled up in our fight against the many diseases invading too many otherwise happy, comfortable lifestyles.

Your Society continues on the cutting edge of the latest developments in defeating heart disease, cancer, and emphysema. Even as your super carrot seed will produce extra vitamin A for you and your family, be assured that your contribution will be planted wisely and will grow into a happy harvest of healthful benefits.

So . . . we are putting our record of preventive medicine on the line and asking for a contribution to help us continue. Then prepare to begin eating carrots with a superabundance of vital vitamin A. You'll feel good on both counts.

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Marinated Carrots

(Makes 8 servings)

1 can tomato soup
1½ teaspoons hot Tabasco
¼ cup canola oil
½ cup honey
¾ cup apple-cider vinegar
1 teaspoon dry mustard or prepared mustard
2 pounds cooked carrots (do not overcook)
1 medium bell pepper, sliced or slivered raw
1 medium onion, sliced

Whip all marinade ingredients well. Drop pepper and onion slices into marinade. Pour marinade over drained, slightly cooked, sliced carrots. Place in refrigerator. Chill for 8-12 hours before serving. Will keep up to three weeks in refrigerator (if you can keep them that long).

Carrots and Snow Peas

(Makes 4 servings)

½ pound snow peas
2 large fresh carrots
2 tablespoons sesame oil
Salt substitute or vegetable seasoning, if desired
Freshly ground black pepper

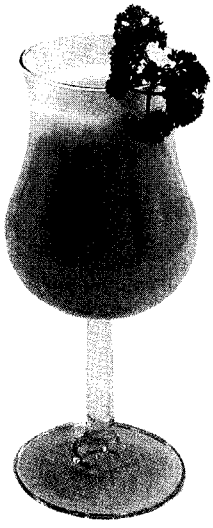
Trim peas. Peel carrots, cut into 2½" lengths, and julienne by hand or in food processor.

Bring pan of water to full boil. Throw in peas and count to ten. Retrieve peas with slotted spoon and transfer to bowl of ice water.

Add julienne carrots to same pan, and when water returns to boil, cook 1-2 minutes. Transfer to another bowl of ice water. Drain both vegetables well. (This can be done in advance.)

Just before serving, heat oil in a large skillet or wok. Add vegetables and cook, tossing frequently for 2 minutes or until heated through. Season and serve in heated vegetable dish.

For a healthy snack try a glass of carrot juice.



Carrot Soup

(Makes 6 servings)

1 small onion
2 small shallots
1 bay leaf
2 tablespoons olive oil
1 pound peeled and roughly chopped carrots
4-6 cups chicken stock
Ground pepper
¼ teaspoon thyme
Grated orange peel
Parsley

Sweat chopped onions and shallots with bay leaf and olive oil in heavy lidded pan over low heat. Add carrots, chicken stock, pepper, and thyme; bring to boil and cook until tender. Purée in blender. Add more chicken stock if needed. Flavor with orange peel and garnish with parsley. May be served hot or cold.

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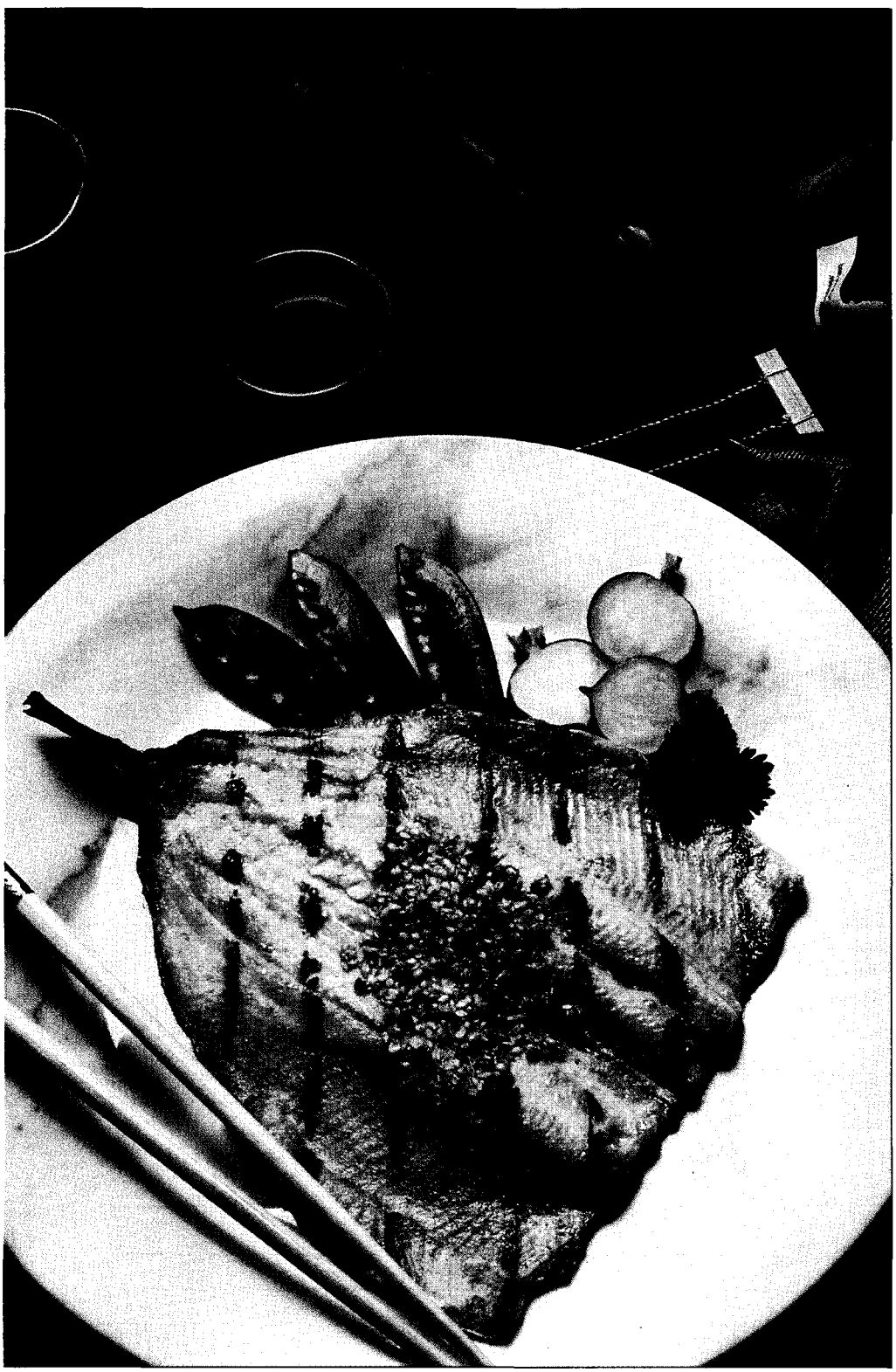
THE LURE OF TROUT

Anglers savor the thrill, while consumers savor the taste—both delight at the prospect of rainbow trout.

by Patrick Perry



Trout season is to the seasoned fisherman what fresh trout is to the seasoned chef—a prized catch! Whether hooked at dawn from an icy mountain stream or purchased from the local fish market, nothing beats the delicate flavor and tender texture of trout. And what food fits so tastefully into today's low-fat lifestyle?

Naturally low in calories, cholesterol, fat, and sodium, trout is a great source of protein, vitamins, and Omega-3 fatty acids, recently determined as important in achieving better blood cholesterol levels.

To obtain maximum health and nutritional benefits from trout, steer clear of deep-fat frying or sautéeing with calorie-laden butters. Choose instead recipes and cooking methods that help keep calories down and nutrient values high, such as broiling, microwaving, poaching, steaming, grilling, or baking. The alternatives taste superb and are better for you.

Rainbow Trout with Citrus, for example, takes the "weight off" deep-fried fish recipes by substituting citrus juices. Each serving tallies up only 200 calories. Like your fish with sauce? Try lightly seasoned and creamy Rainbow Trout with Dill-Cucumber Yogurt.

✦ ✦ ✦

Grilled Rainbow Trout with Caponata Relish

(Makes 4 servings)

2 tablespoons olive oil
1 to 2 cloves garlic, crushed
1 cup peeled and chopped eggplant or sliced mushrooms
½ cup chopped bell peppers, mix of green and yellow
½ cup chopped tomatoes
2 tablespoons sliced black olives
1 tablespoon capers
1 teaspoon balsamic or red wine vinegar
4 trout fillets (4 oz. each)

◀ ***Grilled Trout with Sesame-Soy Sauce***

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In small saucepan, heat olive oil over medium heat; sauté garlic for 1 minute. Add eggplant and peppers; stir quickly to coat. Sauté for 5 minutes until softened. Add tomatoes and remaining ingredients, continue cooking 5 minutes longer; hold on very low heat. Over hot coals or grill, place trout fillets flesh-side down on oiled grill and cook about 2 minutes. Gently turn trout with spatula, continue cooking 2 minutes longer. Top with 2 tablespoons of caponata relish.

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Grilled Trout with Sesame-Soy Sauce
(Makes 4 servings)

3 tablespoons low-salt teriyaki sauce
4 trout fillets (4 oz. each)
2 tablespoons margarine, softened
2 tablespoons sesame seeds, toasted
1 1/2 teaspoons finely chopped green onion
3/4 teaspoon light soy sauce

Marinate trout in teriyaki sauce for 15 minutes, refrigerated. In bowl, combine margarine and remaining 3 ingredients with fork; set aside. Over hot coals or grill, place trout fillets flesh-side down on oiled grill and cook about 2 minutes. Turn trout with spatula; cook 2 minutes longer.

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Grilled Trout with Fresh Tomato Salsa
(Makes 2-4 servings)

Salsa:
1 1/4 pounds fresh tomatoes, peeled, seeded, and chopped (or 1 16-oz. can tomatoes, chopped and drained)
1/4 cup chopped green onion
1/4 cup plus 1 teaspoon fresh lime juice, divided
2 tablespoons olive oil, divided
1 1/2 teaspoons chopped, fresh cilantro or parsley
1 teaspoon finely chopped jalapeno pepper
1 clove garlic, minced
1/2 teaspoon ground cumin, divided
1/4 teaspoon salt, if desired
1/8 teaspoon freshly ground black pepper
6-8 trout fillets (4 oz. each)

Combine tomatoes, onions, 1 teaspoon lime juice, 1 tablespoon oil, cilantro, jalapeno, garlic, 1/4 teaspoon cumin, salt, and pepper; set aside. Drizzle remaining 1/4 cup lime juice and 1 tablespoon oil over trout. Sprinkle with remaining 1/4 teaspoon cumin; salt and pepper as desired. Marinate trout about 30 minutes, refrigerated. Over hot coals or grill, place trout fillets flesh-side down on oiled grill and cook about 2 minutes. Use 2 spatulas to gently turn trout; cook about 2 minutes longer, skin-side down, until done. Top trout with salsa.

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Rainbow Trout with Dill-Cucumber Yogurt
(Makes 2-4 servings)

1/2 cup plain low-fat yogurt
1/2 teaspoon dried dill weed
1/3 cup chopped cucumber
1 1/2 tablespoons chopped green onion
4 trout fillets (4 oz. each)
Juice of half a lemon

Combine yogurt and next three ingredients in bowl; set aside. Arrange trout, skin-side down, in microwaveable dish. Drizzle with lemon juice;

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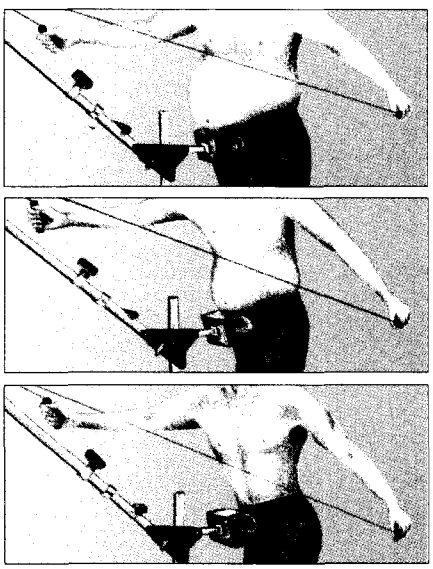

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cover tightly. Microwave on High for 2 minutes. Rotate dish; cook 2 to 4 minutes longer, or until fish flakes with a fork. Remove from oven; top each fillet with 1/4 of yogurt mixture.

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Grilled Lemon-Mustard Trout
(Makes 4-6 servings)

1/4 cup fresh lemon juice
1 tablespoon Dijon mustard
2 cloves garlic, minced
1/8 teaspoon salt
1/8 teaspoon white pepper
2 tablespoons olive oil
2 tablespoons chopped, fresh chives
6-8 trout fillets (4 oz. each)

Combine first 5 ingredients; gradually whisk in oil. Stir in chives and pour marinade over trout. Marinate trout about 30 minutes, refrigerated. Over hot coals, place trout fillets flesh-side down on oiled grill and cook about 2 minutes. Use 2 spatulas to gently turn trout; cook about 2 minutes longer, skin-side down, until done. Serve immediately. If desired, bring leftover marinade to a boil and cook 1 minute; serve with grilled trout.

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New Potato Stuffed Trout
(Makes 4 servings)

Stuffing:
1 1/2 pounds red new potatoes, cooked
1/2 cup chopped fresh parsley
1/4 cup capers
2 tablespoons olive oil
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
4 trout fillets, whole, boned (8 oz. each)
4 teaspoons fresh lemon juice
Salt and freshly ground black pepper
1/2 cup white wine or vermouth
1 tablespoon olive oil
2 lemons, thinly sliced

Cut potatoes into large cubes. Put into mixing bowl with next 5 ingredients. Mix well; set aside. Sprinkle inside of each trout with lemon juice, salt, and pepper. Stuff each trout with 1/4 of potato mixture. Pour wine into baking pan. Place stuffed trout in pan. Brush trout with olive oil. Top with lemon slices. Cover pan with foil and bake at 400° F. for about 15 minutes, until trout flakes easily with a fork.

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Rainbow Trout with Grilled Corn Salsa
(Makes 2-4 servings)

Marinade:
1/4 cup fresh lime juice
1 tablespoon olive oil
1/4 to 1/2 teaspoon finely chopped jalapeno pepper
1/4 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon white pepper
4 rainbow trout fillets (4 oz. each)
Salsa:
1 ear fresh corn
1 green or red bell pepper

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1 small tomato, seeded and diced
1/2 yellow onion, diced
1 teaspoon fresh lime juice
1 teaspoon olive oil
1/4 to 1/2 teaspoon finely chopped jalapeno pepper

Combine first 6 ingredients; pour over trout. Marinate trout about 30 minutes, refrigerated. Meanwhile, brush corn and bell pepper with additional oil. Over hot coals, grill 5 to 10 minutes, turning as needed. Remove from grill. Cut corn from cob; dice pepper. Combine all vegetables in bowl. Stir in lime juice and next 4 ingredients; set aside. Add briquets, if needed, to refuel fire. Over hot coals or grill, place trout flesh-side down on oiled grill and cook about 2 minutes. Use large spatula to gently turn trout; cook about 2 minutes longer, skin-side down, until done.

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Rainbow Trout With Citrus
(Makes 2-4 servings)

4 rainbow trout fillets (4 oz. each)
2 tablespoons chopped green onion
2 tablespoons orange juice
2 small oranges or grapefruit, peeled and sliced

Arrange trout skin-side down in microwaveable dish. Season with salt and pepper to taste (optional). Evenly sprinkle green onion and orange juice on fillets; top with orange slices. Cover tightly; microwave on High for 2 minutes. Rotate dish; cook 2 to 4 minutes longer, or until fish flakes with a fork. Serve immediately.

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Grilled Trout Italiano
(Makes 4 servings)

Marinade:
2 tablespoons dry white wine
2 tablespoons white wine vinegar
2 cloves garlic, minced
1 tablespoon chopped, fresh parsley
1 teaspoon chopped, fresh oregano or 1/4 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon freshly ground white pepper
2 tablespoons olive oil
4 trout fillets, boned, head removed (8 oz. each)

Combine first 7 ingredients; gradually whisk in oil. Pour marinade over trout. Marinate trout about 30 minutes, refrigerated. Over hot coals, place trout on oiled grill and cook about 3 to 4 minutes per side, gently turning once. Serve immediately.

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Trout Piccata
(Makes 2-4 servings)

2 tablespoons margarine, divided
1 tablespoon olive oil
4 trout fillets (4 oz. each)
2 tablespoons capers
4 tablespoons chopped parsley
2 teaspoons grated lemon peel
Dash of white pepper

Over medium-high heat, melt 1 tablespoon margarine and olive oil in skillet; add trout, flesh-side down, and cook until golden, about 2 minutes. Gently turn with spatula and cook about 2 minutes longer. Remove trout to serving platter; cover and keep warm. Add remaining 1 tablespoon margarine to pan. Melt over low heat. Add lemon juice and next 4 ingredients, stirring well to deglaze pan. Pour over hot, cooked trout.

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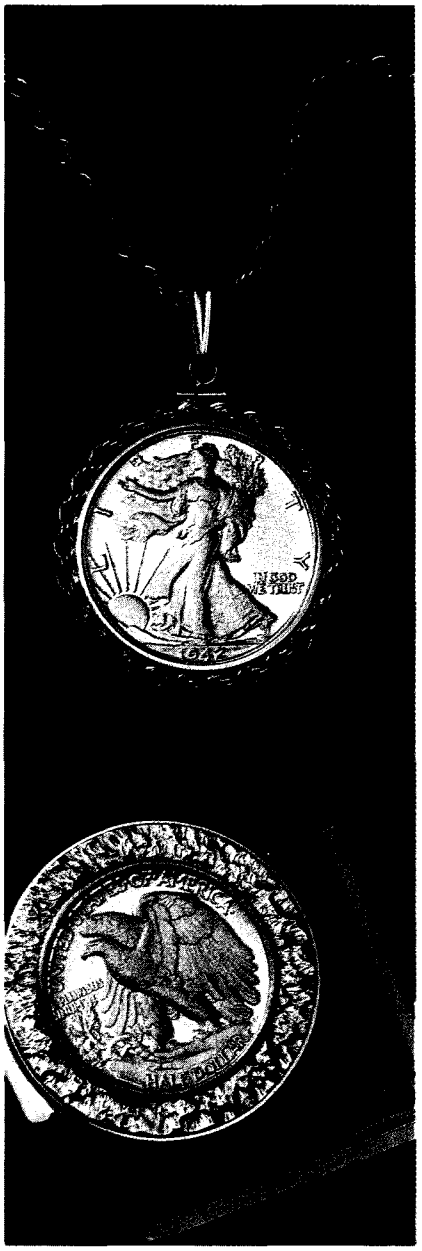
Oriental Trout Rolls
(Makes 2-4 servings)

1/3 cup plain low-fat yogurt
3 tablespoons finely minced chives
2 teaspoons soy sauce
1 teaspoon sesame oil
1 head butter or iceberg lettuce, washed
4 trout fillets (4 oz. each)
Salt and freshly ground black pepper
1 small carrot, julienned
1 small zucchini, julienned
1/4 pound mushrooms, sliced
1/4 cup white wine or vermouth

Combine yogurt and next 3 ingredients in a bowl; set aside. For each roll, overlap two lettuce leaves, lengthwise, on flat surface. Top with one trout fillet. Season with salt and pepper, as desired. Place 1/4 of carrot on lower third of fillet. Top with 1/4 of zucchini and 1/4 of mushrooms. Roll lettuce tightly to enclose trout and vegetables. Secure with string. Pour wine into microwaveable baking dish. Place trout rolls in dish. Cover with plastic wrap. Cook on High for about 4 minutes or until trout is done. Remove trout rolls from dish. Discard string. Slice rolls into 1/2-inch rounds. Serve with sauce.

◀ ***Rainbow Trout with Grilled Corn Salsa***



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HEARTBEAT

The Healthy Heart Report

CARB UP FOR YOUR HEART

A diet low in fat and high in complex carbohydrates can help you to lose weight and avoid heart disease.

by Ted Kreiter

In a recent study of what makes people fat, Harvard Medical School researchers came to a surprising conclusion. It's not how much you eat, but what you eat that causes you to be overweight, and the culprit turns out to be fat.

Studies of heart patients placed on low-fat diets bear this out. Patients have lost 80 to 100 pounds over six months without feeling hungry, on reduced-fat diets.

The keys to these low-fat diets are the complex carbohydrates: grains, potatoes, vegetables, and legumes that satisfy hunger and provide energy without increasing body fat.

Because complex carbohydrates are difficult for the body to convert to fat, you can eat more of them without gaining weight or increasing the blood cholesterol level which can lead to coronary heart disease. In many countries where heart disease is rare, people derive 65 to 85 of their calories from carbohydrates, mostly potatoes and whole grains. That's roughly twice the complex carbohydrates consumed by the average American.

Complex carbohydrates also contain fiber that helps reduce blood cholesterol, and in the right combination, complex carbohydrates can supply your body's protein requirements as well. You can get complete proteins by eating both grains and legumes (beans or peas) some time during the day, or by combining them at a meal. Beans and rice, beans with tacos, pasta with beans, tofu with rice, black-eyed peas with rice, or Boston baked beans and brown bread are some examples.

To make certain you get the benefits from complex carbohydrates, you will probably have to revise your cooking methods. Mashed potatoes with butter and milk, or baked beans with sugar and oil, can leave you with as much dietary fat as a meal of steak and french fries.

Use only skim milk and non-fat butter granules in making mashed potatoes. Leave out the oil when cooking pasta, and use whole-grain pasta for more nutrition and fiber. Delicious pasta sauces can also be made without oil.

You may find oil unneccessary in many recipes where it is called for, and you can generally cut oil or margarine requirements in half without diminishing the quality of a dish.

Be on the lookout for recipes such as casseroles using high-fiber grains and vegetables instead of meats. Try a new carbohydrate dish each week to build up your repertoire. The following recipes will help you start.

♥ ♥ ♥

Savory Bran Rice Pilaf
(Makes 6 servings)

1/2 cup uncooked white or brown rice
1 chicken bouillon cube
2 tablespoons margarine
1/4 cup chopped onion
1/2 cup chopped celery
1/2 cup sliced mushrooms
1/4 cup sliced water chestnuts
1 cup bran cereal
1/4 teaspoon ground sage
1/2 teaspoon basil leaves
1/4 teaspoon pepper
1 cup water
1/4 cup chopped pimentos

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Cook rice according to package directions, adding bouillon cube and omitting salt and margarine in package directions. While rice is cooking, melt margarine in large fry pan. Stir in onion, celery, mushrooms and water chestnuts. Cook over medium heat, stirring occasionally, until celery is crisp-tender. Gently stir in cooked rice, bran cereal, and remaining ingredients. Cover and cook over low heat about 15 minutes. Serve hot.

♥ ♥ ♥

Raisin Rice Bran Muffins
(Makes 12 muffins)

Vegetable cooking spray
1 1/4 cups whole-wheat flour
3/4 cup rice bran
3/4 cup seedless raisins
1/4 cup sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 1/4 cup buttermilk
3 tablespoons vegetable oil
2 egg whites, lightly beaten

Preheat over to 400° F. Line 12 muffin cups with paper baking cups or spray bottoms only with cooking spray. Combine flour, bran, raisins, sugar, baking powder, cinnamon, and salt in large bowl. Combine remaining ingredients in small bowl; add to dry ingredients. Stir *just* until dry ingredients are moistened. Spoon batter into prepared cups. Bake at 400° F. 15 to 17 minutes. Remove from cups and cool a few minutes on wire rack. Serve warm.

♥ ♥ ♥

Vegetarian Sauce with Whole-Wheat Pasta
(Makes 6 servings)

2 tablespoons olive oil
6 green onions, with tops, chopped
1 large red or white onion, chopped
4 cloves garlic, minced
8 ounces mushrooms, sliced
2 ribs celery with leaves, chopped
2 medium red, green or yellow bell peppers, chopped
1 16-ounce can vegetarian beans or 1 16-ounce can kidney beans
1 cup water
1/2 cup dry red wine, if desired
1/4 cup minced fresh parsley
1 bay leaf
1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
1 tablespoon chopped fresh basil or 1/2 teaspoon dried basil
Freshly ground black pepper to taste
12 ounces whole-wheat pasta
4 ounces part-skim mozzarella cheese, shredded

In a large saucepan or Dutch oven, heat oil over medium-high heat. Add onions and garlic and saute until onions are soft, about 2 to 3 minutes. Add remaining ingredients, except pasta and cheese, and bring to a boil. Reduce heat and simmer, covered, about 1 hour, stirring frequently. Remove bay leaf before serving. Make pasta according to package directions, omitting salt. Rinse and drain. Serve sauce over hot pasta. Sprinkle with 1 to 2 tablespoons cheese per serving.

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Nikitas J. Zervanos, MD
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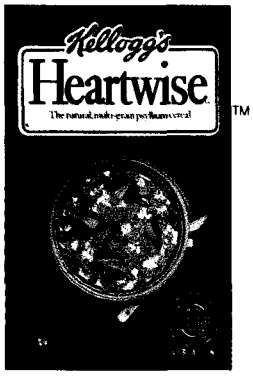

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OPEN FORUM

SCHOOL CHOICE: THE ANSWER TO EDUCATION

The chief problem of education in America, politics and bureaucracy, is being solved by parents and their children choosing a good school.

by Tom Gibson

Illustrated by Don Trawin

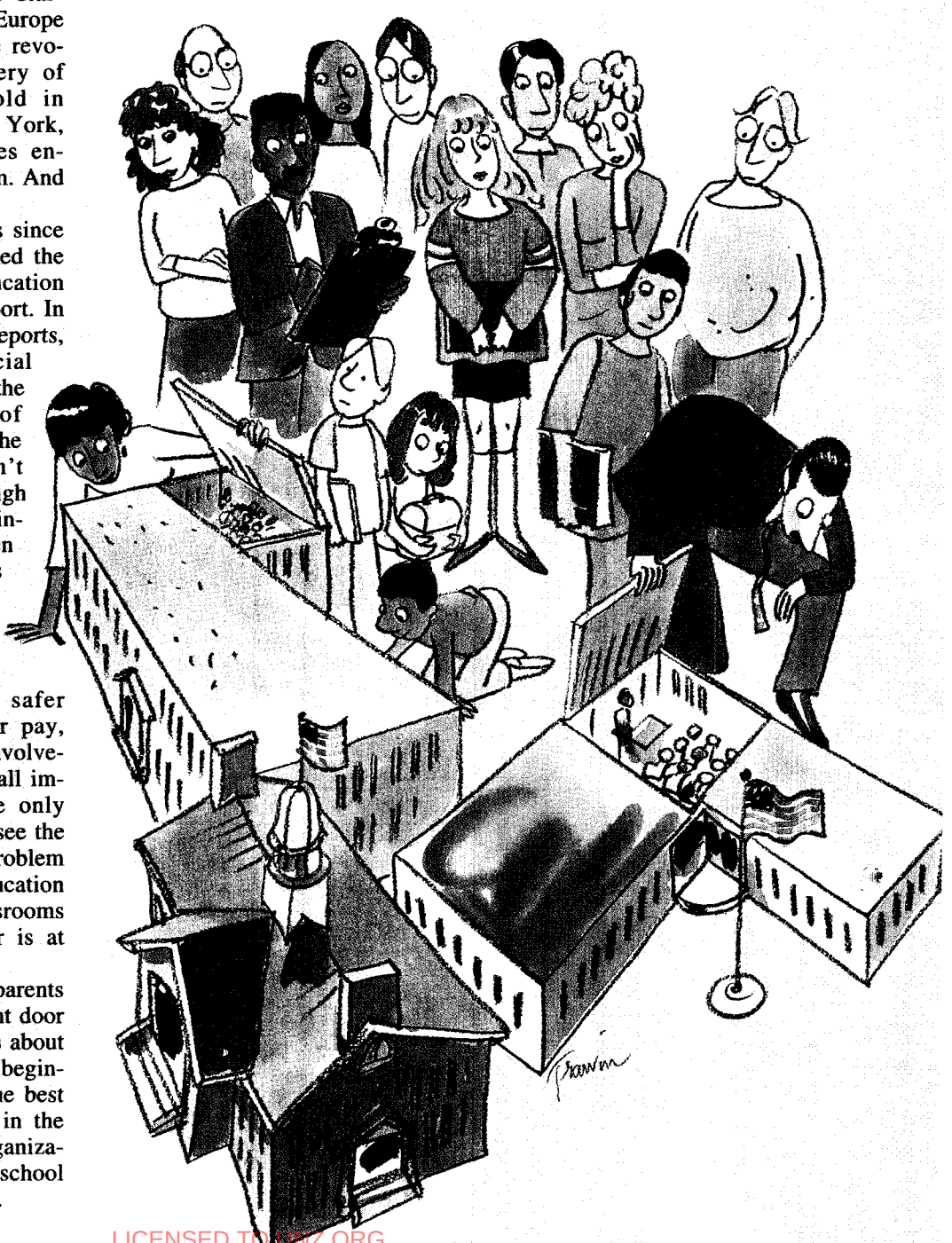
"After decades of bureaucratic oppression, stagnation, and decline, people took to the ballot box to replace failing bureaucracies with market forces. The results: new creativity, improved performance, and higher achievement."

To most, that describes the startling developments in Eastern Europe in 1990. But in fact, that same revolutionary spirit and rediscovery of market forces has taken hold in America—in Minnesota, New York, California, and 15 other states engaged in public education reform. And the movement is building.

It has been almost nine years since the Reagan Administration pulled the alarm on declining public education with its "A Nation at Risk" report. In the meantime, countless other reports, investigation panels, and social scientists have sifted through the layers and the machinery of American public education for the answers to "Why Johnny can't read," even while holding a high school diploma. At last, the principal defect appears to have been found: public education's layers and machinery.

In short, public school bureaucracies are choking the education out of America's schools. Higher standards, safer schools, better teachers, better pay, longer hours, greater parental involvement, and more homework are all important reforms. But they are only tactics—tactics that may never see the light of day until the strategic problem of moving reforms through education bureaucracies and into the classrooms gets resolved. And the answer is at hand. It is called school choice.

School choice finally allows parents to enter schools through the front door and make fundamental decisions about their children's education at the beginning of the year. In the past, the best a parent could do was to slip in the back door through a parent organization and play catch-up with a school that had no incentive to change.



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School choice is an old concept, but until recently was only within reach of the wealthy and those in the process of relocating. Ask any realtor. Regions served by good schools are the first place families start their search for new homes. And of course, the wealthy can always choose private schools for their children.

For most of the '80s, money was the favorite problem and panacea for American education. But the money issue has been diminished by all serious education researchers, and only now remains an object of affection to politicians. The fact remains, America spends far more on education than any country in the world.

Education's chief problem is politics and bureaucracy. Indeed, more money for education merely feeds a bloated education bureaucracy, with precious little making it through to programs for students. In New York City, only 32 cents of every education dollar arrives in the classroom. Bureaucracy and infrastructure consume the rest. Clearly, it is not a lack of resources that retards learning in America. It is the way that existing education resources are applied, or squandered, that determines the quality of public education in America. And that is factored by the people, the incentives, and the systems that manage public education.

According to a landmark study by Brookings Institution researchers John Chubb and Terry Moe, "the more school decision making is constrained by superintendents, district offices, unions, and the rules and regulations they promulgate, the less effective the school organization is likely to be."

The Chubb and Moe solution: Replace the current command and control system of public education with a market system that will reward schools that work.

The parallels of American public education to Eastern Europe of 1990 become even more striking when they are articulated by education advocates from American business. David Kearns, chairman and CEO of Xerox Corporation, says, "American public schools are, by and large, a monopoly provider. If you're smart and well-off you can choose a good monopoly and avoid a bad one. You buy into a good neighborhood or pay tuition at a private school. It is no surprise that the poor do not attend the good schools."

As Seen On TV

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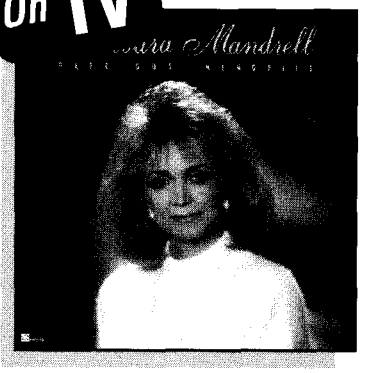

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- **Farther Along**
- **Power In The Blood**
- **Pass Me Not O Gentle Savior**
- **Just A Little Talk With Jesus**
- **I Need Thee Every Hour**
- **Peace In The Valley**
- **Just A Closer Walk With Thee**
- **He Keeps Me Singing**
- **Have Thine Own Way Lord**
- **It Is No Secret (What God Can Do)**
- **Softly And Tenderly**
- **When We All Get To Heaven**
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And any student of Economics 101 knows that monopolies provide poor products at high cost, because there are no incentives to do otherwise. The simple concept of school choice is to dissolve public education monopolies based largely on geography and install competition among public schools. The incentives are clear and universally understood—money and jobs—just as they are in every other enterprise in America.

Under current public school funding systems and under most school choice plans, funds for education are based on the number of students attending a given school. In a school choice system, money follows students to good schools with creative administrators, dedicated teachers, high standards, and high achievement. Schools that lose students to the better schools face the alternative of changing or closing. The beauty of the school choice concept is that it gives the product of education to the professionals but leaves the purchase decision up to the consumer—parents and their children. And that is where the power of change takes root. For American public education, this concept is a revolutionary idea.

The Building Momentum for School Choice

Intradistrict school choice programs have been in place in Cambridge, Massachusetts, and East Harlem in New York City for more than a decade. But the first statewide interdistrict choice program began in Minnesota in 1988, and the close of the 1990-1991 school year will mark its first full year of implementation. Since Minnesota embarked down the road to school choice, other states, including Wisconsin, Washington, Vermont, Utah, Idaho, Arkansas, Ohio, Iowa, Colorado, Kentucky, and Nebraska, have followed to establish statewide programs of different types. Other states, including California, have school choice on the state legislative agenda.

The results of these early statewide efforts will take time to assess. And naturally, there is hope—hope that the improvement on state education programs will resemble the remarkable achievements in East Harlem, where between 1973 and 1987 the number of students reading at or above grade level rose from 16 to 63 percent, and graduation rates soared to 90 percent, a rise also credited to increased faculty input in practices and policies.

School choice has many friends in high places. President George Bush has called school choice "the cornerstone of education reform." Former Tennessee governor Lamar Alexander, the man named to succeed Lauro Cavazos as Secretary of Education, is likewise a strong supporter of school choice. And Lynn Cheney, chairwoman of The National Endowment for the Humanities, embraced school choice not just for the freedom that it would provide parents, but also for the new freedoms it would provide teachers—who are otherwise tangled by rules of education protocol. In a 1990 report entitled "Tyrannical Machines"—a description of public school bureaucracies that is perhaps the most concise and animated title yet devised for an educational study—Cheney says, "healthy competition is anathema to tyrannical machines." Cheney goes on to say that choice should force bureaucracies to enable teachers to choose alternative paths to certification, install new procedures for choosing textbooks, and provide equal access to tenure to professors who choose teaching over research.

"The beauty of school choice is that it gives the product of education to the professionals but leaves the purchase decision up to the consumer—parents and their children."

But enthusiastic support for school choice goes well beyond politicians. Migdalia Maldonado, principal of Public School 108 in East Harlem, sees school choice as a tool of empowerment: "Many of the families that we worked with had limited choices in their lives, be it jobs, housing, or their way of living. A system, a school, that offers them a choice in their child's education [is] a ray of hope, a sparkle in their lives. We empowered these parents because we gave them a choice."

Bernadette Toomey, vice president of the National Academy Foundation, a business-education partnership, takes a companion view. "Choices are difficult to refuse," says Toomey. "Our experience in working in school systems as different as New York City and Salt Lake City is that when parents and students are offered alternatives, they'll not only choose them, they'll compete for them. And that competition generates new life and new energy in schools."

In states that do not have school choice programs, businesses are among the key agents of change. In Indiana, James K. Baker, chairman of Arvin Industries and head of the U.S. Chamber of Commerce, has presented a four-point plan to reform Indiana schools that includes freeing teachers from bureaucratic regulations and allowing parents to choose schools. Baker says, "If the business community in this state believes that education has to get a lot better, and believes that it has a vested interest in making sure that happens, then the burden is on us to make it better."

But perhaps the most vocal and best organized group in support of school choice is the U.S. Catholic Conference, which supports nearly 2 million American elementary and high school students in almost 9,000 schools—most of which offer the best alternative to inner city poor, whom public education has largely failed. Time and time again, parochial schools have demonstrated that dedicated teachers and creative independence deliver higher achievement, even though resources are meager.

The Minnesota Model

School choice plans can take the shape of magnet schools, intra- and interdistrict choice, post-secondary options through arrangements with local colleges, voucher systems, cash grants to urban minority students to attend private schools, or even home schooling. But the basic choice program is perhaps best demonstrated in Minnesota, where this year approximately 20,000 students have voted with their feet for a better education. The majority are high school students who are taking classes for undergraduate credit at local colleges.

In Minnesota, parents and students may apply to the school district of their choice at the beginning of the calendar year. Depending on its projected enrollment and admission policy, the district will reply within

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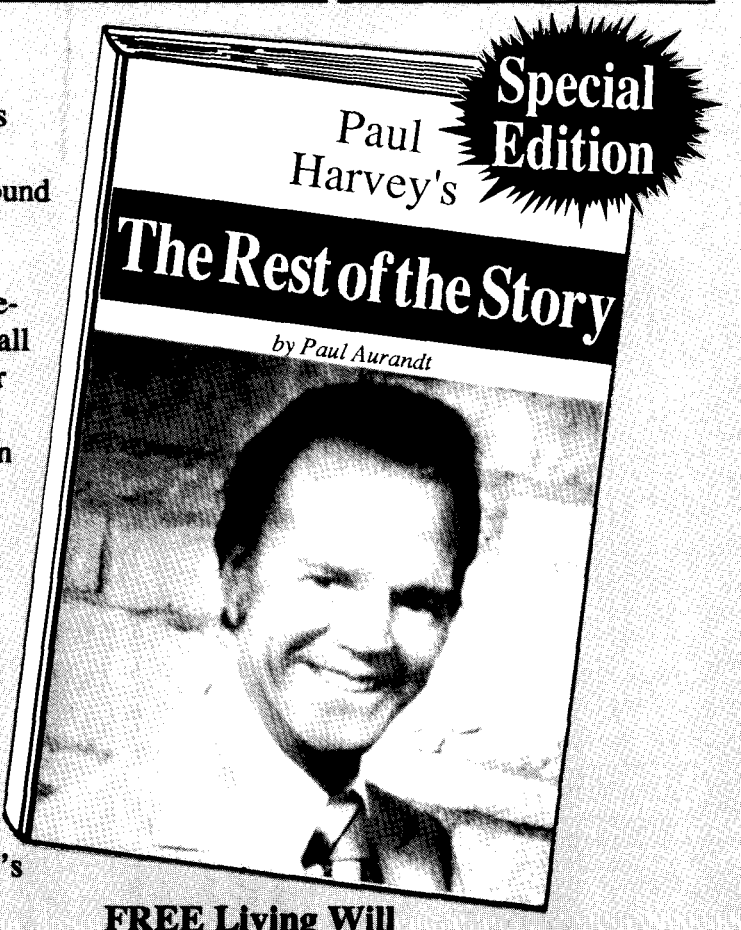

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two months to accept or decline the application. Although it is clearly in the financial interest of a school district to make space for an applicant, lack of space can be a reason to decline an application. Race or other factors of discrimination cannot be a reason to refuse admission.

According to former Minnesota governor Rudy Perpich, "When we first introduced the idea of public school choice in 1985, the polls showed about two-thirds of the public were against it. There was an uproar. But the polls changed after parents saw how choice could promote accountability, increase options for their children, and help them become responsible consumers of education."

The polls have indeed shifted on school choice. Nationwide, a 1990 Gallup poll found that support for public school choice has grown to 62 percent, with 72 percent of minorities supporting the initiative.

Opponents to School Choice

School choice is revolutionary. And like all revolutions it threatens well-entrenched groups—ostensibly teacher unions and the education bureaucracies that have traditionally opposed competency measures and other performance standards. But school choice means to impose the toughest standard yet—the possibility that parents and students will take their education business elsewhere, and mediocre teachers and school administrators will be put out of work.

Bill Honig, superintendent of public instruction for California, has expressed a number of fears as to what might occur if parents were allowed to choose schools for their children. One is the creation of elite academies. Another is the confusion that could result in a period of school "deregulation." He also attacks school choice proponents Chubb and Moe, whom he accuses of seeking to "enshrine the rights of parents over the needs of children and society and encourage tribalism." This opinion echoes the liberal view that public schools are the preferred institutions to teach democratic values.

Other school choice opponents fear recruiting wars at the high school level for top athletes and scholars, funding problems, and what to do with schools that nobody wants to attend. Congressman Gus Hawkins of Illinois simply fears that there are not enough good schools to go around. In this case, the fundamental point of school choice is neglected: Market forces will increase the number of quality schools in America—in the same way that the free market has provided American consumers with the broadest range of quality products and services in the world.

Chubb responds to critics by saying, "The unions are opposed not because they are not concerned about the poor, but obviously because they are in business to protect the livelihood of all union members. A choice system is a potential threat to the incompetent or the marginal teacher. People who are doing a poor job, obviously, will not be chosen. And unions cannot support a program that will jeopardize the jobs of some of their teachers."

Meanwhile, opponents of school choice have been well organized and well funded. In Milwaukee, the local teacher's union successfully sued to prevent 1,000 low-income students from attending private schools in an experimental program to help failing inner-city youth. "You would have thought I'd dropped a bomb near the teacher's unions," said state Rep. Polly Williams, a liberal Democrat who sponsored the measure. She goes on to add, "Well, maybe that wouldn't be so bad."

In Oregon, Measure 11 was introduced and defeated on the 1990 November ballot to allow tax credits to parents for sending children to private schools. The Oregon Education Association, Oregon's largest teacher union, reportedly spent $2 million to defeat the initiative.

The Future of School Choice

But in both Milwaukee and Oregon supporters of school choice are undaunted. The Wisconsin State Legislature is writing improved legislation to amend the Milwaukee plan that was struck down because of technicalities. In Oregon, supporters are reorganizing an effort for the 1992 ballot and foresee no problem in again collecting the necessary 120,000 signatures.

These initiatives have forced the leaders of many teacher groups to take a more conciliatory stand for school choice initiatives. Albert Shanker, president of the American Federation of Teachers, says, "In principle, choice is a fine thing. And public school choice has worked well . . . in some places. But schemes that allow public funds to pay for education in private schools are a different beast altogether."

In the near term, school choice initiatives will continue to build a following. However, initiatives need to be established in carefully articulated programs that will prevent the dangers to students that some educators fear. There also needs to be patience and cooperation to make transitions happen without disruption.

In the longer term, there needs to be more information for parents to make choice work. In any free market system, information is vital, if consumers are to make educated choices about product preferences. Chubb and Moe advocate the establishment of parent education centers that will equip parents to evaluate and choose among education options for their children. The media and schools themselves should likewise be encouraged to provide information about "what works" in education. The net result will be a future generation of students who will then be able to make important choices for themselves—in the job market.

Sources of Information on School Choice

- The National "School Choice" Hotline: 1-800-442-PICK (7425)
- Center for Choice in Education
  Department of Education
  Room 3077
  400 Maryland Avenue, S.W.
  Washington, D.C. 20202
- The National Academy Foundation
  1155 Connecticut Avenue, N.W.
  Washington, D.C. 20036
- "Choosing a School for your Child"
  Free copy: Choosing a School
  Consumer Information Center
  Pueblo, CO 81009
- "How to Pick Your Child's School"
  Free copy: Minnesota Association of School Administrators
  1884 Como Avenue
  St. Paul, MN 55108
- "Public Schools, U.S.A."
  by Charles Harrison
  $17.95; Williamson, 1988
- "School Match Guide to Public Schools"
  by Public Priority Systems Inc.
  $18.95; Arco, 1990

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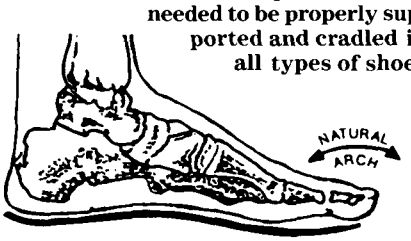

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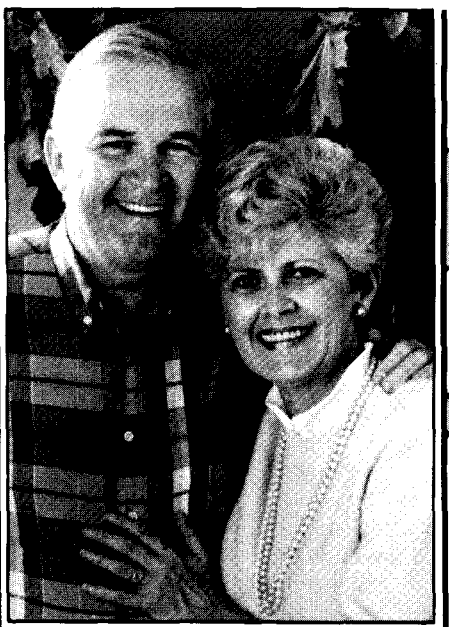

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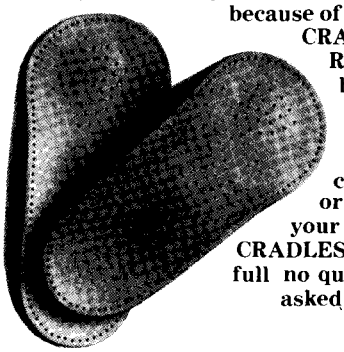

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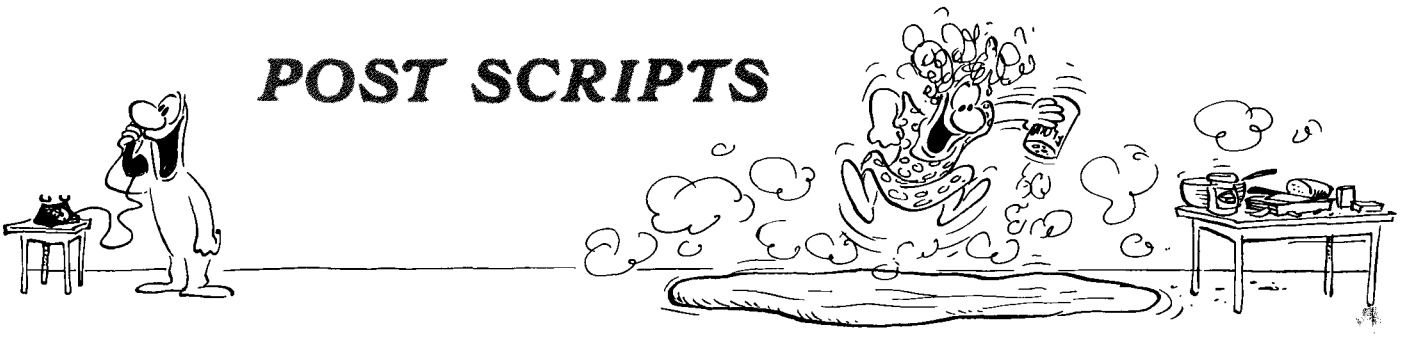

"How about you folks coming over for pizza pie?"

It's A Date

A sentimental widow put up a lovely marble stone for her late husband. It read, "Rest In Peace—Until We Meet Again."

—Mary Umberson

Scoutmaster to Ten of His Scouts

"The Jamboree has started, scouts,
So why are you so late?"
"We helped a man across the street,
His step was rather slow."
"It took all ten of you for that?
I just don't understand."
"In truth," a scout replied at once,
"he didn't want to go."

—John Grennan

Sickening Question

A young male patient asked another boy in the pediatric ward whether he was in the hospital for "medical or surgical reasons."

When the second lad looked a bit puzzled, he tried putting it another way: "What I mean is, were you sick when you came in or did they make you sick after you got here?"

—Barbara Albright

Out of Work

One day two old gents were seated across the street from a large factory, watching the change of shifts. The one old gent turned to the other and asked, "How many people do ya think work there?"

The other old gent carefully studied the situation before arriving at his masterful conclusion, " 'bout half."

—James J. Tokarski

Better Off Dead

Just as the medical examiner entered the morgue, the old man stretched out on the autopsy table suddenly sat up, glanced apprehensively around the room, then shouted in happy realization, "Thank God! I'm alive! I'm alive!"

The medical examiner strode over to him, stared silently at him for a few seconds, then snapped irritably, "I don't suppose you've given any thought to how much paperwork this is going to involve!"

—Tony Zarro

What's New

When a man opens the car door for a lady, you can be sure the car or the lady is new.

—Bert Lee Hudson

The Church Provides

To make it possible for everyone to attend church next Sunday, we are going to have a special "No Excuse Sunday." Cots will be placed in the foyer for those who say, "Sunday is my only day to sleep." We will have steel helmets for those who say, "The roof will cave in if I ever come to church." Blankets will be furnished for those who think the church is too cold and fans for those who think the church is too hot. We will have hearing aids for those who think the minister speaks too softly and cotton for those who think he preaches too loudly. Scorecards will be available for those who wish to list the hypocrites present. Some relatives will be in attendance for those who like to go visiting on Sunday. There will be TV dinners for those who can't go to church and cook dinner also. One section will be devoted to trees and grass for those who like to see God in nature.

Finally, the sanctuary will be decorated with both Christmas poinsettias and Easter lilies for those who have never seen the church without them.

—Laurie Baker

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Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the financial headaches of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a Living Trust. And you don't have to be rich to enjoy it's benefits.

A Living Trust has been praised by our nation's leading financial planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
- It eliminates the need for an attorney and legal fees that cut your estate. Does away with all court costs, too.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A Living Trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a Living Trust is secret.

The Wall Street Journal reported that it takes two years to complete the average probate in California. The article also stated that since a Living Trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a Living Trust instead of just a Will.

And Business Week reported that many people are using a Living Trust instead of a Will to reduce the possiblity of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from $60.00 to $150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left $77,500 in cash to his widow. Before she could receive it, the probate process grabbed $9,375.
- Mr. Ken Bradley left $144,567 directly to his surviving spouse. The probate "fees" of $8,500 were appealed by the widow. The court ordered a refund of $7,750 with interest.
- R.L. Roberstone probably thought his Will would get his $162,114 safely to his heirs. As they found out probate fees amounted to $6,484.59.

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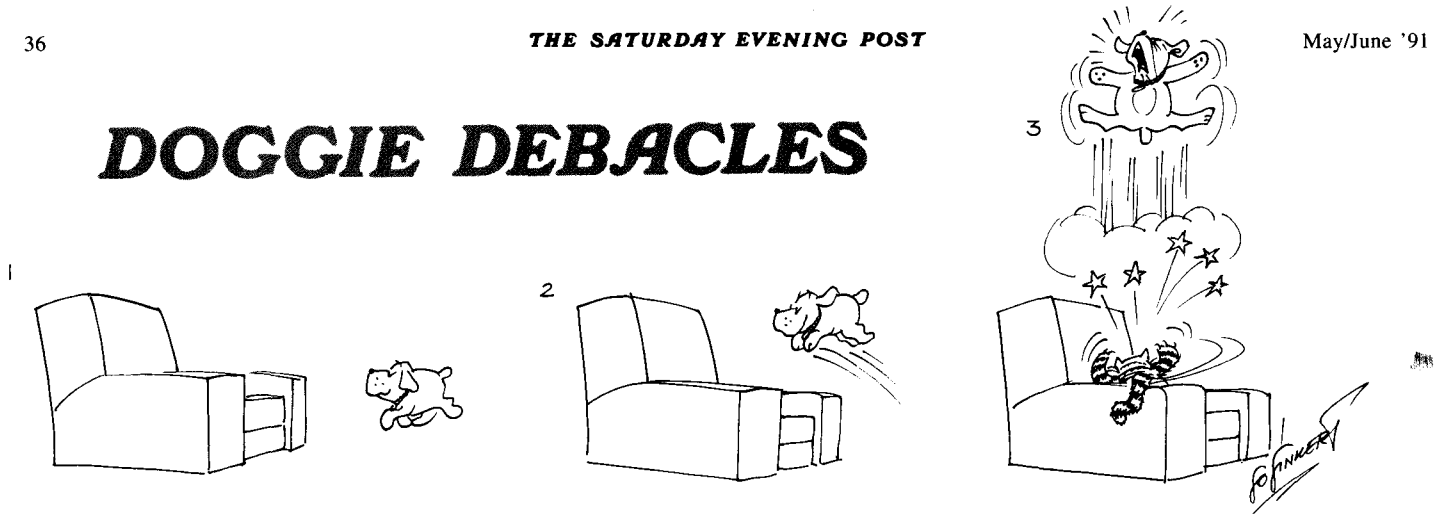
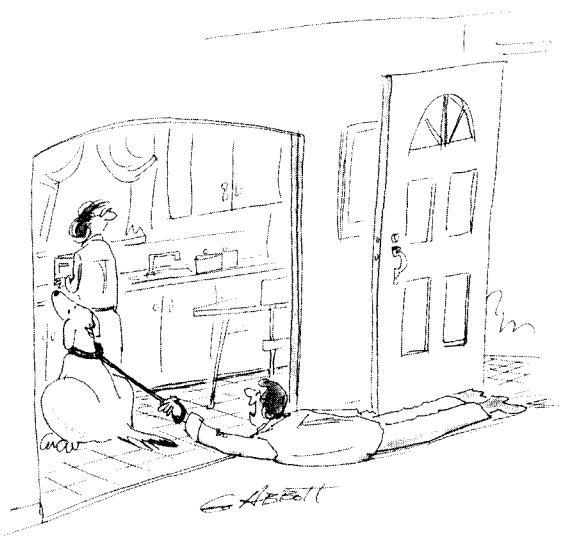
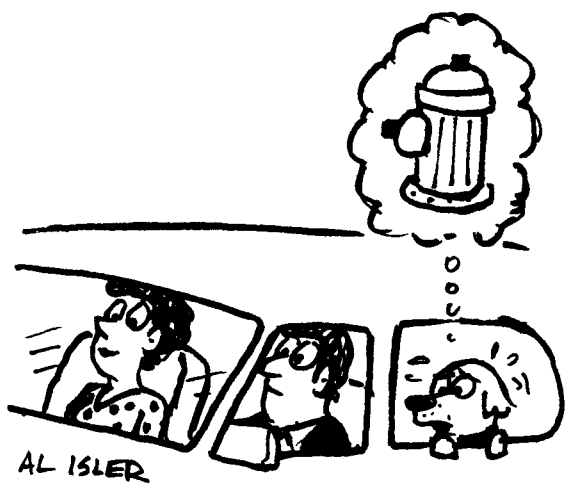
DOGGIE DEBACLES





"You used the can opener—right, Martha?"



"He taught me to sit up, roll over, and beg, but I've never found any practical use for any of those things."

"Bad dog!"

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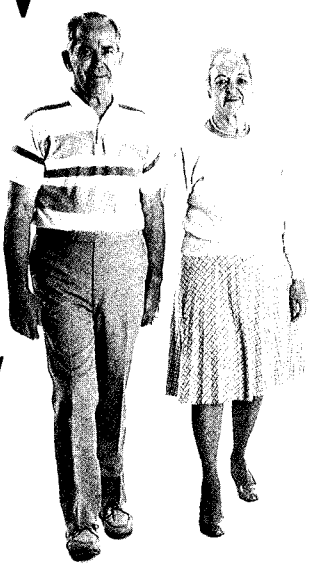

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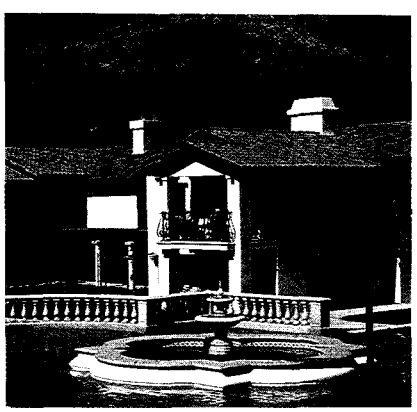

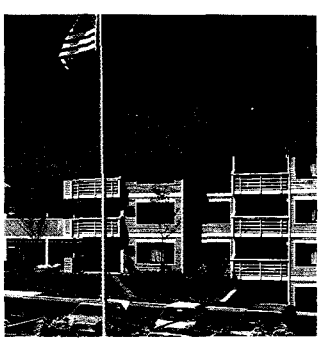

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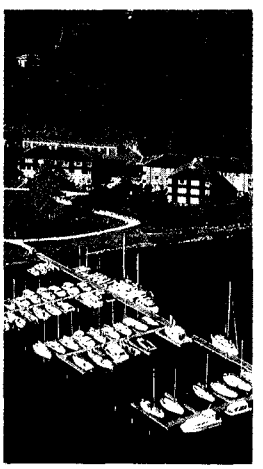

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ANTONIA NOVELLO: A DREAM COME TRUE

"Being a pediatrician, a woman, and a minority has helped me prepare for this job," says America's courageous Puerto Rican-born surgeon general.

by Carol Krucoff

As a little girl in Puerto Rico, Antonia Novello dreamed of becoming "a pediatrician—a doctor for the little kids in my hometown." Last year, this smart, funny, 46-year-old pediatrician became a doctor for all Americans when she was sworn in at the White House as the nation's first Hispanic and also first female surgeon general.

"Dreams sometimes come true in a strange way," she told an enthusiastic audience that included President George Bush and Supreme Court Justice Sandra Day O'Connor. "The American dream is well and alive . . . today the West Side Story comes to the West Wing."

Now, one year after taking on one of the toughest jobs in Washington—following C. Everett Koop in the country's most visible health job—Novello is proving uniquely qualified to serve all Americans as their top health advocate.

"Being a pediatrician, a woman, and a minority has helped prepare me to do this job," explained Novello from her cozy, teddy bear accented office in Washington's Health and Human Services building. "The pediatrician takes care of the whole family and finds out what is wrong, even though the patient may not know how to put the problem into words."

In government, "the ability to speak up for the people who are not able to speak for themselves is key," said Novello, whose initial programs have targeted the health concerns of the nation's least vocal constituency—children and youth.

"Being a woman, I learned diplomacy," Novello continued. "We women have always learned how to listen and how to wait . . . until there comes your moment to speak. Then you take into consideration everybody's feelings and make sense of things that sound so complicated." As a minority she is exquisitely sensitive to the concerns of the under-represented. "The beauty is," she said, "that I can come up with something that is understood by all."

"I do believe that some people fall through the cracks. I was one of those."

In addition to her unique perspective as the first female, Hispanic, Puerto Rican, pediatrician surgeon general, Novello's difficult childhood experience with a disease that forced her to be hospitalized every year has resulted in an extraordinary sensitivity for the patient.

"I was a sick kid, although my mother never made me feel sick," recalled Novello, who was born with congenital megacolon (an abnormally large, distorted, malfunctioning colon) that was not repaired until she was 18. "I was hospitalized every summer for at least two weeks. My pediatrician and my gastroenterologist were so nurturing and good to me that doctors became my buddies."

Although Novello was told she would have surgery to repair her colon at age 8, "somebody forgot," she said with a wry smile of remembered pain. "The university hospital was in the north, I was 32 miles away, my mother (who was a school principal) could only take me on Saturday, so the surgery was never done.

"I do believe that some people fall through the cracks. I was one of those." This is one reason why Novello vowed to be a doctor. "I thought, when I grow up, no other person is going to wait 18 years for surgery."

During Novello's annual hospitalizations "they would clean me up," she said. "When you have congenital megacolon your belly grows up very big . . . Everyone knew I had megacolon so no one talked behind my back. I think that would have been devastating. But by the time I was 18, it was not good to have those big bellies one month that are, in the next month, flat." That's when she told her mother that she was determined to have surgery.

A cardiovascular surgeon performed the operation because, she said, "he was the only one willing to give it a try." But after complications from the surgery she left Puerto Rico and checked into the Mayo Clinic for two months. "God bless my doctor at the Mayo," said Novello, who still seems upset that the experience cost her a semester of school.

Living with chronic illness until adulthood left Novello "very conscious of how people feel when they are in the bed as a patient," she said. "I'm very cognizant of the comments people make on rounds when they're trying to show that they're great doctors—when people say 'Look at the way she looks' right in front of you, when you already feel like you're going to die. I'm also cognizant of the

Her childhood dream of becoming a doctor for the kids in her hometown came true—and then some. Now she oversees the health of an entire "generation at risk."

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ones who take the time to play with a child or bring him little magazines. I know it's the good doctors who come into your room and talk to you like a human being . . .

"Another thing that 20 years of disease did to me is that I have very little tolerance of people who complain of being sick and truly are not, or who use sickness as their piggyback for not doing what they are supposed to do. And I have very little tolerance for people who say they can't do something or they can't get to the top, because believe me, if I did it—going through medical school, or making sure the microscope and the heating pad were both adjusted properly—it can be done."

Novello's triumph over illness resulted in a profound compassion mixed with confidence. "I hope this is not arrogance, but experience," she said. "If I can come back from my second surgery and go to college wearing Pampers for six months, I know that nothing is going to pull me down. When I was in college with Pampers on I used to laugh by myself thinking, 'If only they knew.' I survived many times in my life by learning to laugh at myself—that's the best medicine. But I also became very self-assured and capable of saying that if I could do that, I can do anything."

"I survived many times in my life by learning to laugh at myself—that's the best medicine."

Novello was not always so confident. As a teenager, she did not tell her mother that she applied to medical school until after she was admitted "because of the typical attitude of women at that time—fear of failure," she confessed. "There were only 65 people per class" at the University of Puerto Rico Medical School from which she graduated in 1970.

Her father died when she was eight, and her mother and stepfather were far from rich. "But Mommy never panicked," she said. "When I told her I was accepted to medical school she said that as long as there is a bank out there we will find your tuition."

Novello went on to be chosen "Intern of the Year" in 1970 at the University of Michigan in Ann Arbor, where she also did her residency. She completed subspecialty training in pediatric nephrology at Georgetown University in Washington and earned a master's in public health from Johns Hopkins University in Baltimore in 1982. After several years in the private practice of pediatrics and nephrology, she entered the U.S. Public Health Service in 1978. She spent most of the PHS career at the National Institutes of Health in Bethesda, Maryland, rising to deputy director of the National Institute of Child Health and Human Development.

Today, she says, her special talent is "bureaucracy made easy," with the motto, "good science and good sense." Her approach: Remove fear, open doors, listen, educate, assist. "When people told me that the United States is in need of a nurturing candidate for surgeon general I felt very good," she said. "Because I know that if I make good sense and I'm understood, people might be willing to make some good changes.

"Some people believe that when you get policy out that is understood it means that you are simple. But I find it means that you are clever, because in the long run, people will remember your message. That is my quest," she said.

Novello purposefully spent much of her first year as surgeon general listening and studying in preparation, she said, "to sprint. No one ever sprints in the first year . . . Now I am definitely in my crawling stage, occasionally propping myself up on the furniture."

This year she has launched several major campaigns that address the special problems of America's youth which she calls "a generation at risk." In press conferences and speeches she frequently focuses on the hazards of smoking, alcohol abuse, and violence.

"Alcohol remains the No. 1 drug problem among our youth," Novello said. "It is the only drug whose use has not been declining significantly. Alcohol-impaired driving remains one of the leading causes of death among our youth. Yet kids still think that drinking is cool, and that is what frightens me so much."

Most young drinkers do not understand that beer and wine coolers are alcoholic beverages. "They think it's water with a little bit of taste," she said. "When I go to college campuses and tell them beer is alcoholic, they think I am being funny."

Novello's "Spring Break '91" campaign focused on college drinking, which is linked to such problems as date rape, vandalism, injury, death, and dropping out of school. Among the alarming facts, Novello noted that:

★"Forty-one percent of our nation's college students engaged in a bout of heavy drinking (five or more drinks in a row) in the last two weeks, while only 34 percent of their noncollege counterparts did.

★"Twenty-six percent of eighth grade students and 38 percent of 10th grade students reported having had five or more drinks on at least one occasion within the previous two weeks.

★"The typical college student spends more money for alcohol than for books."

Cigarette smoking, particularly among young people, is another of Novello's frequent targets. She often speaks out against what she calls "the self-serving, death-dealing tobacco industry and their soldiers of fortune, advertising agencies" and has vowed to maintain Dr. Koop's momentum towards a smoke-free society.

"We have made some progress," she said. "But as a woman I am deeply troubled that the decline in smoking has been substantially slower among women than among men, and HHS projections show that women will be smoking at a higher rate than men by the first half of this decade. It is tragic—and a frightening result—that lung cancer has surpassed breast cancer as the No. 1 cause of cancer death in women. Call it a case of the Virginia Slims woman catching up with the Marlboro Man."

Youth smoking is also a grave concern, she said, "because we are creating a new generation of smokers.

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Flanked by her mother and husband, Dr. Antonia Novello is sworn in as the first female surgeon general while President Bush and Secretary of HHS Dr. Louis Sullivan look on.

More than 3,000 teenagers begin to smoke each day. If the current rate of smoking among adults were to continue at the present rate, then at least five million children now living in the United States will die of smoking-related diseases."

An example of the kinds of programs Novello advocates to declare war on cigarette smoking by children is the "We don't sell to kids" campaign in Woodridge, Illinois. After hearing complaints that a 13-year-old girl was seen buying cigarettes, the Woodridge police sent a letter to tobacco selling merchants reminding them that the sale of tobacco to minors is a criminal offense. About the policeman who initiated the program, Officer Bruce Talbott, Novello says, "I love this guy for what he's doing."

But she is less than enthusiastic that her own brother-in-law, Don Novello, smokes cigarettes as part of the character he portrays, Father Guido Sarducci of "Saturday Night Live" fame. The cigarettes are just part of the act, however. In real life, Don Novello does not smoke.

Amid a hectic schedule—she gets 650 invitations per month—Novello has also taken time to draw attention to three of her particular concerns: immunizations, pediatric AIDS, and injury prevention.

Although children must be immunized to attend school, she warned that pre-schoolers frequently aren't vaccinated. "Children ages 2 to 4 have the greatest number of cases of measles," she said, "and it's not because of a lack of vaccine." Injuries remain a leading cause of death in childhood, said Novello, who noted that some so-called accidents may be the result of child abuse. "And AIDS is the only epidemic in the world where children will survive their parents," she said. "By the year 2000, we might have as many as 10 million children who are orphans of this epidemic. We've got to do the best we can for all children."

The challenge is "tremendous," said Novello, who credits the support of her husband, Washington psychiatrist Joseph Novello, with helping her accomplish her many goals.

"It helps a lot to be married for 21 years," she said. "Not having children probably has helped because I don't feel so torn between kids who are at home and taking care of all the kids out there."

As for her own health habits, she said, "The surgeon general is a normal person. I don't want people to put me on a pedestal like Mother Theresa. My intentions to exercise are good, but my time is zero. So I walk three to six blocks around my neighborhood, and I always take the stairs . . . I eat a well balanced diet, making sure everything is in moderation. And every Friday I drink one glass of champagne at Martin's Tavern in Georgetown. So when I talk to the kids about drinking I talk from experience. It's a question of how you use it . . . Each person is different, and you must know when to stop."

continued on page 93

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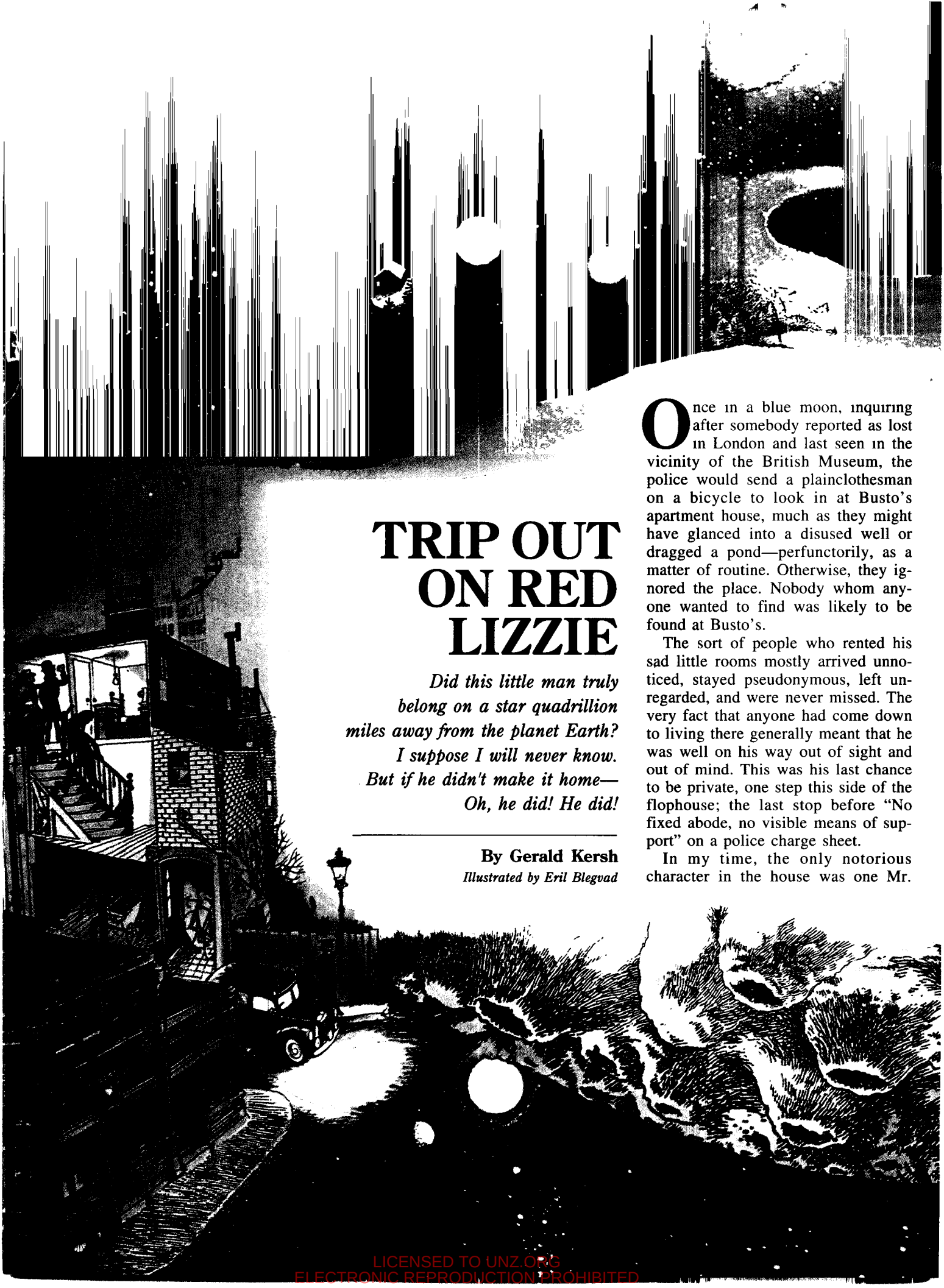

TRIP OUT ON RED LIZZIE

Did this little man truly belong on a star quadrillion miles away from the planet Earth? I suppose I will never know. But if he didn't make it home— Oh, he did! He did!

By Gerald Kersh

Illustrated by Eril Blegvad

Once in a blue moon, inquiring after somebody reported as lost in London and last seen in the vicinity of the British Museum, the police would send a plainclothesman on a bicycle to look in at Busto's apartment house, much as they might have glanced into a disused well or dragged a pond—perfunctorily, as a matter of routine. Otherwise, they ignored the place. Nobody whom anyone wanted to find was likely to be found at Busto's.

The sort of people who rented his sad little rooms mostly arrived unnoticed, stayed pseudonymous, left unregarded, and were never missed. The very fact that anyone had come down to living there generally meant that he was well on his way out of sight and out of mind. This was his last chance to be private, one step this side of the flophouse; the last stop before "No fixed abode, no visible means of support" on a police charge sheet.

In my time, the only notorious character in the house was one Mr.

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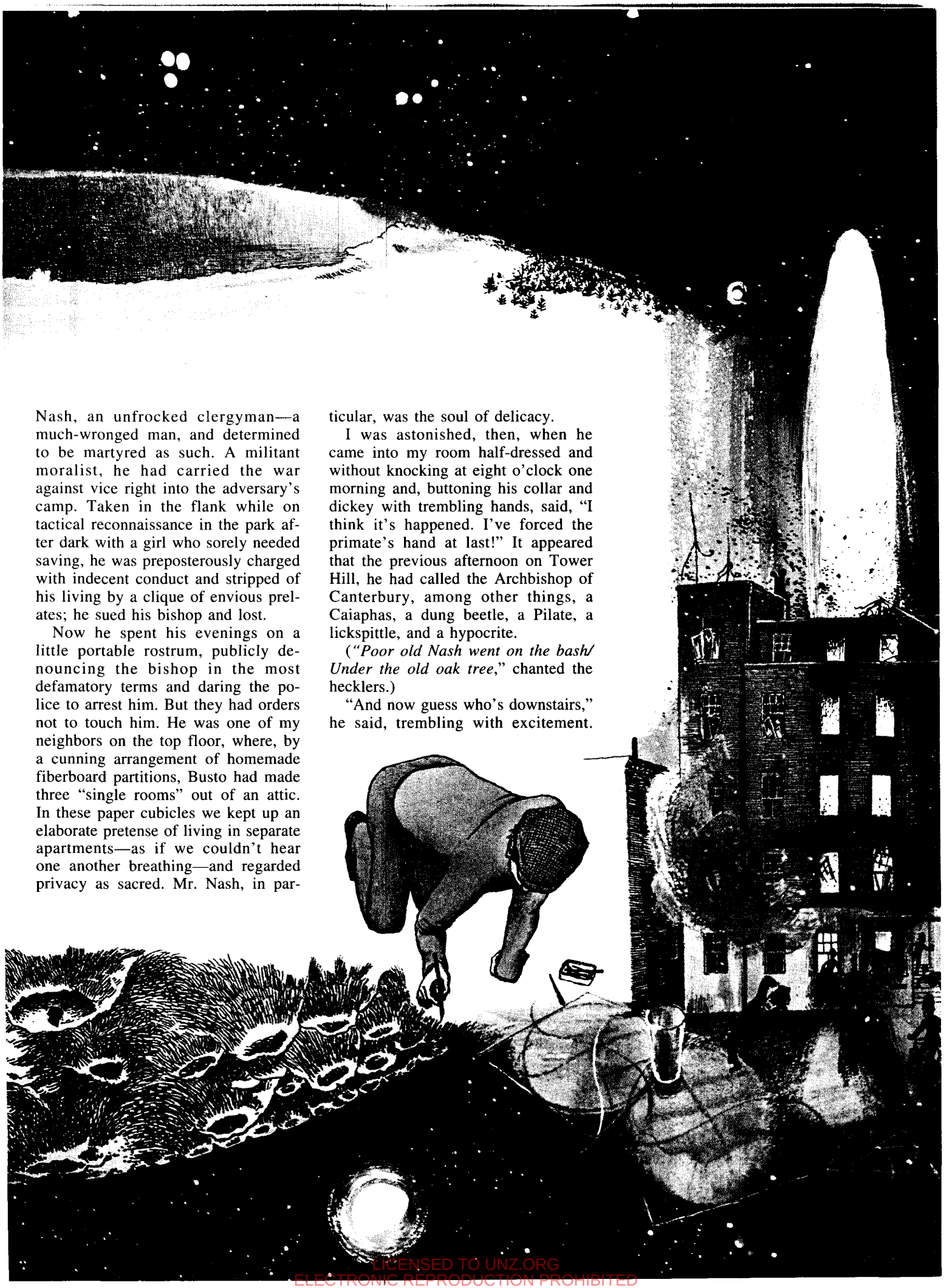

Nash, an unfrocked clergyman—a much-wronged man, and determined to be martyred as such. A militant moralist, he had carried the war against vice right into the adversary's camp. Taken in the flank while on tactical reconnaissance in the park after dark with a girl who sorely needed saving, he was preposterously charged with indecent conduct and stripped of his living by a clique of envious prelates; he sued his bishop and lost.

Now he spent his evenings on a little portable rostrum, publicly denouncing the bishop in the most defamatory terms and daring the police to arrest him. But they had orders not to touch him. He was one of my neighbors on the top floor, where, by a cunning arrangement of homemade fiberboard partitions, Busto had made three "single rooms" out of an attic. In these paper cubicles we kept up an elaborate pretense of living in separate apartments—as if we couldn't hear one another breathing—and regarded privacy as sacred. Mr. Nash, in particular, was the soul of delicacy.

I was astonished, then, when he came into my room half-dressed and without knocking at eight o'clock one morning and, buttoning his collar and dickey with trembling hands, said, "I think it's happened. I've forced the primate's hand at last!" It appeared that the previous afternoon on Tower Hill, he had called the Archbishop of Canterbury, among other things, a Caiaphas, a dung beetle, a Pilate, a lickspittle, and a hypocrite.

(*"Poor old Nash went on the bash/ Under the old oak tree,"* chanted the hecklers.)

"And now guess who's downstairs," he said, trembling with excitement.

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"Detective-Inspector Shropsall of Scotland Yard, and a sergeant! Thank goodness you're here—I want to be arrested in your presence." I protested that I would rather be left out of it, and Mr. Nash admonished me with, "As an honest man, you ought not to be afraid of policemen."

"I am an honest man because I *am* afraid of policemen," I replied, putting on my coat; but the detectives and Busto were on their way upstairs.

Bounding out to meet them on the landing, Mr. Nash squared his shoulders, planted his feet, and cried in a voice of brass, "Gentlemen, here I am, and I reiterate——"

The detective-inspector brushed him aside with a brusque "Excuse me," and turned his head to ask Busto, "Which is his room?"

"Yes, sir, gentlemen, room ona right," said Busto, vilely obsequious. "Ona right, *padrone*." To our astonishment, the policemen went to the third room, which was rented by the most inoffensive man in the world, a pavement artist who called himself Jackson.

"I defy you to do your damnedest!" roared Mr. Nash, shaking his fists in the visitors' faces. "Sniveling myrmidons of Barabbas!"

The detective-inspector clucked, "Tsk, tsk, tsk! And you a Bachelor of Divinity. Carrying on like Marie Corelli on a tiger-skin rug!" To me he said, "Stick around, will you?"

I followed them into Jackson's room, which was as clean and bare as a hospital cubicle. There was a bed made up taut as a drum, a tiny washstand, a chair, and a small table. Nobody ever saw an emptier furnished room.

"Nothing much here," said Shropsall, finding in the cupboard only a threadbare overcoat and a pair of cracked boots. Shropsall turned to me and said, "Weren't you friendly with Jackson?"

"Were? Is he dead?"

"Well, are—if you like. Eh?"

"On speaking terms."

"As far as you know, did he ever conduct any chemical experiments, or anything of that sort?"

"Not unless you count cocoa as a chemical; he mixed a lot of that. Why?"

"I'll ask the questions, if you don't mind. This man Jackson—I'd like you to tell me all you know about him."

I said, "You know more about him than I do. He was out from dawn till dusk at his pitch, chalking pictures on the pavement outside the London and Home Counties Bank in Southampton Row. Last night he didn't come home."

"I know he didn't," said Detective-Inspector Shropsall.

Busto said, "Firsta time in five a-year Jackson don't come home regalara-clockwork when pubs shut."

"He was a naturalized British subject," I said, "so there must be some

information in the records——"

"Very likely," said Shropsall. "Where did he tell you he came from?"

"Russia. About 30 years ago."

"Did he express any particular political views?"

"Never in my hearing."

"Did you meet any of his friends?"

"Jackson never had any that I know of," I said. "He was about as alone in the world as it's possible to get."

"Where did he hang out, apart from here? Eat? Drink?"

"He breakfasted off cocoa and a roll, carried a thermos of hot cocoa with him and lunched off that and a cheese sandwich at his pitch. At the end of the day he always got something to eat at the Little Brown Bear in Red Lion Street, and after that he generally had a few drinks of Lizzie wine at the Bricklayers' Arms in Percy Street. Why are we talking about him in the past tense?"

Ignoring this last, the detective-inspector said, "He had one over the eight last night, was taken in for D. and D.—drunk and disorderly—and tried to blow up Tottenham Court Road police station this morning."

"Bravo!" cried Mr. Nash; and "Sharrap!" said Busto. I asked, "Blow up the police station? What with?"

"We'll get at what with in due course, if you don't mind," said Shropsall. "Now, have you any idea of what it was that he was in the habit of trying to draw a diagram of? Was it supposed to be a machine? Or what?"

"Machine? I don't know anything about a machine," I said.

"You were in the habit of holding long conversations with Jackson, thought, weren't you?"

"We chatted about nothing much."

"What subjects did you discuss?" Shropsall asked.

"Well, transcendental empathy," I said.

"Not chemistry, politics, engineering, or any allied subjects?"

"No."

"By the bye, what is transcendental empathy?"

"I don't quite know. 'Transcendental' means beyond the limits of possible experience; beyond human knowledge. 'Empathy' means projecting your personality into an object, and attributing to that object your own responses. It's rather complicated. One needs a special kind of mind."

"Did he leave any parcels with you? Documents? Packages? . . . No? Well, in your conversations together, did he drop any hints or tell any yarns about places he'd been before he came here?"

"Well, let me think," I said.

"We know, for instance, that Jackson never was any common two-penny-ha'penny screever," said Shropsall. He had sized me up and was playing on my artistic temperament; his voice was cozy and confidential. "It's not everybody who can draw a perfect circle or a perfect

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square without compasses or ruler. And those pictures of his, all in black and white chalk—exact in every detail, and clear as photographs. . . . Farfetched, if you like, but original, you must grant him that," Shropsall went on. "Why a man with an imagination like his wasn't making good money doing illustrations for the magazines is beyond me. No gumption, perhaps?"

I felt that it would have been worse than pointless to say that the man who called himself Jackson was as devoid of originality and imagination as a take-your-own-portrait slot machine, and as incapable of depicting anything he hadn't seen with his own pale eyes, or of deviating by a hairbreadth from the immediate appearance of it. Such a statement would have been positively compromising.

Jackson drew nocturnes, but the cratered landscape he felt himself most competent to depict was lit by two moons. So I said, noncommittally, "A faithful draftsman is what he is."

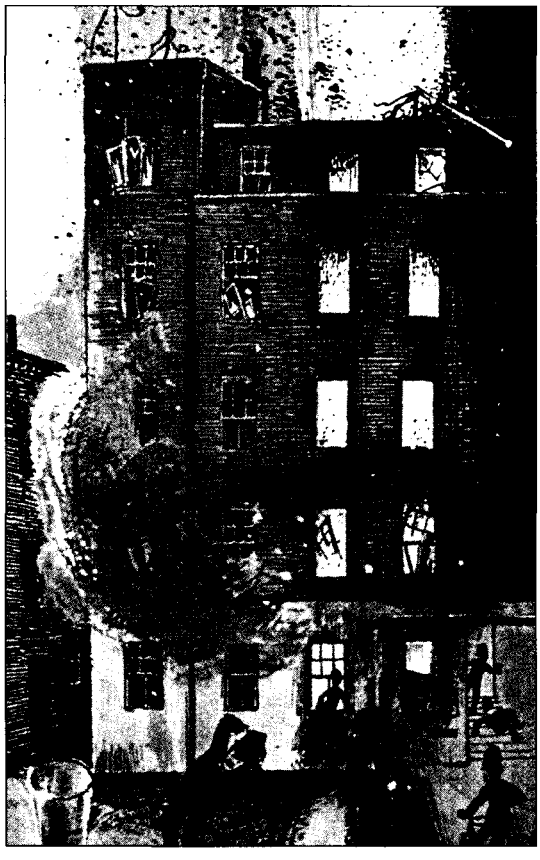
Of all the people who scrape a living on the sidewalks of a city, the pavement artists are the most curious. I mean the conscientious, hardworking ones who are out at daybreak carefully dusting off the paving stones at their pitches before sketching out their daily picture, which may be a copy of an old master drawn painstakingly, not in pallid penny chalks, but in good, strong-colored French pastels. (For instance, one screever in London has been copying Hals's *Laughing Cavalier* for the past 20 years, brocade doublet and all.) They have done half a day's work by nine o'clock, to catch the pedestrians on the way to their offices. By noon their picture is finished, except for the extra touches; a shading here, a highlight there occupies them for the rest of the day.

And then they empty their hats of the pennies they have collected, wipe their work away with wet rags, and go home. There is a melancholy symbolism about it all. They are a sad race.

But none was sadder than Jackson.

He had, as Shropsall observed, a photographic eye and a sure hand, and there was a distinctly illustrative quality about that outlandish panorama he so persistently got down, all sharp black, dazzling white, and subtly shaded gray, on the stones of Southampton Row. There was an irrevocable lifelessness in its jagged promontories of blasted slag; its utterly naked crags and chasms suggested total silence.

Sometimes he was asked, apropos the two moons in the picture, if it was supposed to be Mars. "I don't know anything about Mars," he would reply. An American visitor said it reminded him of some place he'd passed through in Arizona. "I never was in Arizona," Jackson said, "but some of my family were there, some time back." One or two people suggested that he was simply copying, from memory, some old halftone plate out of a book by Jules Verne, and putting in an extra satellite for good measure; the more observant pointed out that the curious shadow forms and subtle overlappings of penumbrae could only be twin moons, one gibbous and the other full.



Working with practiced speed, he would finish the landscape, which covered three paving stones, in a couple of hours, and then settle down to making his diagram, as Shropsall called it. He would draw an exact 23-inch square in four strokes of a stick of black chalk; and a perfect circle of the same diameter inside it, freehand. (A curious newspaperman in the silly season took measurements.) Starting unerringly from the precise center of the circle, then, he would make a marvelously intricate series of long, S-shaped curves in black and white, right and left, forming a pattern that I can liken only to some hybrid Japanese chrysanthemum refined almost to invisibility.

More than one onlooker offered him money to draw that thing—whatever it was supposed to be—on paper. He simply shrugged and said, "It wouldn't be any good on paper," although he did promise me one evening, over wine, that he'd draw me that landscape of his "on something you can hang up, one of these days."

For he habitually drank more than the few glasses I have referred to in passing. That hellish concoction, which was also known as Red Lizzie and Lunatic's Broth, was in considerable demand in London at that time. It was made by mixing the rinsings of old port casks with wood alcohol and water, and they said of it, in the style of the old gin-mill advertisement, that on this stuff you could get stupefied for sixpence, homicidal for a shilling, and a clean cell for nothing at all.

Jackson swallowed it by the tumblerful, and its only effect on him was to make him seem sad and pensive.

"This stuff has been my downfall," he told me, "but I can't help it; my constitution needs a lot of sugar. Still, drink was the ruination of me."

"What did you do before?"

"Why, nothing at all," he replied.

"Was that in Russia?" I asked. When he nodded, I said, "You don't look like a Russian, somehow."

"Who said I was a Russian? If I was born in a stable would that make me a horse?"

"I can't place you at all."

"I come from——" He named a place with a labial and a sibilant: It sounded something like Bvénis.

"Venice?"

"No, *Bvénis*—down there," he said, pointing straight upward.

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GOLF'S SENSATIONAL SENIORS

PGA celebrities past age 50 are finding new life and big prize money on the shorter tournaments of the Senior Tour.

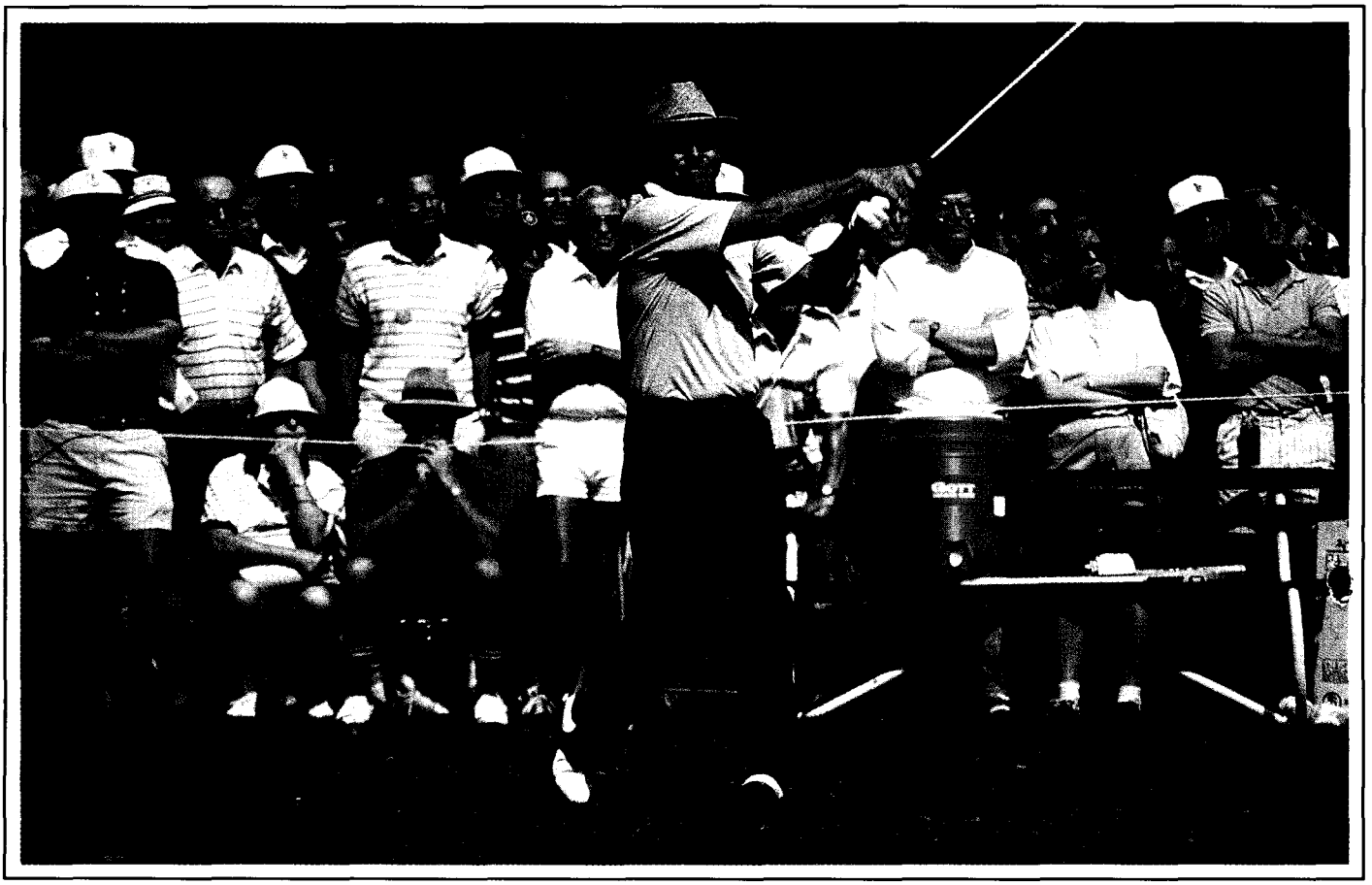
by Robert S. Lyons, Jr.

Lee Trevino was restless. It was a beautiful day at The Vintage Club near Palm Springs, California, but the former PGA and U.S. Open champion wasn't out on the golf course. Instead he was nursing a pulled muscle under his right shoulder blade, "chomping at the bit," and literally aching to begin his second season as a major player in perhaps the most successful professional sports venture of the last decade.

"This is the happiest I've ever been," said Trevino as he explained how his career became rejuvenated last year when he reached his 50th birthday. That made him eligible to join legendary names like Arnold Palmer, Gary Player, Gene Littler, and Billy Casper on the Senior Professional Golfers Association Tour, a series of events that, at the rate it's going, could someday eclipse the regular PGA Tour in popularity.

The impact of the Senior Tour has been astounding not only in this country but also in Japan, Great Britain, and South Africa. It began 12 years ago with two tournaments and $250,000 in prize money. By 1984, when 24 tournaments generated more than $5 million in purses, veteran Don January, who was among the organizers of the first Senior Tour, exclaimed, "If you had told me back in 1980 that we'd have this many events and be playing for this much money, I'd have said you were crazy."

This year, playing for the most part in cities where the regular PGA Tour doesn't stop, the seniors are shooting for $24 million in 42 events, 24 of which are slated for national television. Although the regular PGA Tour traditionally has done better in the TV ratings, the Senior Tour is closing the gap. Sunday (final round) ratings in 1990 jumped 35 percent over the previous year. And for the first time in anyone's memory, a Senior event clobbered a regular tour event in



He may be winning less often, but at age 62, Arnold Palmer still draws some of the biggest galleries in professional golf.

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head-to-head competition. That happened on the final day of the USGA Senior Open, featuring Jack Nicklaus and Trevino, which had a 5.2 rating compared to a 2.1 rating for a PGA event in Hartford, Connecticut.

"Right now Senior golf is enjoying tremendous popularity because of the nature of the players you see week in and week out," says David Downs, ...e vice president of programming for ABC, which is televising six events this year. "A large portion of the golf audience still reveres players like Nicklaus, Trevino, Gary Player, Chi Chi Rodriguez, and Arnold Palmer. And in many instances, fans are more familiar with them than they are with their less famous counterparts on the regular tour."

Trevino proved to be a big spark for the Senior Tour's ratings. The Hall of Famer had a spectacular "rookie" season in 1990, winning seven events and finishing second in eight others. Trevino, with some assistance from Nicklaus, helped trigger record-breaking increases estimated at 33 percent for attendance and as high as 35 percent for TV ratings. He earned $1,190,518 for the year, making him the first Senior player to exceed the money winning total of the leader of the more lucrative PGA Tour (Greg Norman won $1,165,477 out of $46 million in purses).

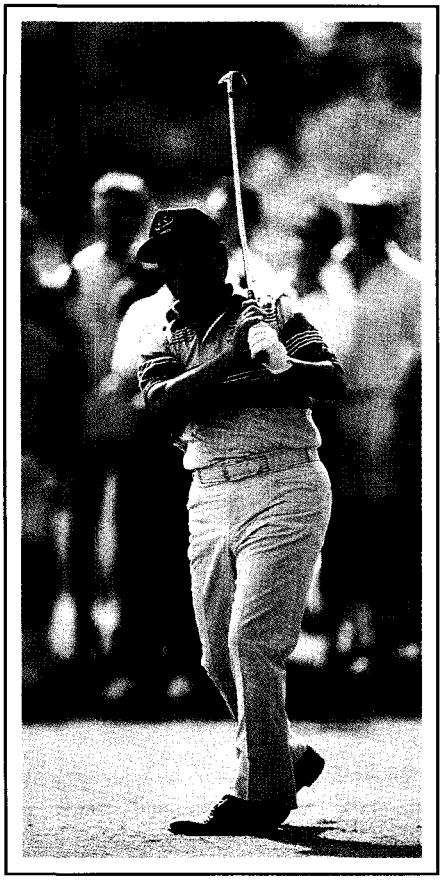
"The names have a lot to do with it," Trevino says. "But I think what's happened in the last couple years is that people needed a measuring stick—like a dipstick for your oil—and they were saying, 'Wait 'til Nicklaus and Trevino get out here. We'll see how good these other guys are.'

"And when I came out and only won seven of 28 tournaments, people now had something to measure those other guys by. They looked at that dipstick and said, 'Hey, wait a minute. We've got some quality players out here still.' And that's one reason that th[illegible] galleries are out there. . . . The public now has realized that by shortening the golf course by 500 yards, that son-of-a-gun can still play as well as he did 25 years ago."

PGA unknowns like Mike Hill and others who had passed their PGA prime, like Bob Charles and Bruce Crampton, also found new life on the Senior Tour, which features shorter tees and shorter tournaments, usually three 18-hole rounds over three days, one fewer than the regular tour.

Charles, the Senior Player of the Year in 1988 and 1989, anticipated being retired by 50. "But here I am playing more golf than I'd ever played in a single year," says Charles, the 1963 British Open champion who is considered by many the best left-hander ever to play golf.

"It looks like it's going to be that way for another five or ten years. It's given me an opportunity to extend my career, to generate a good income, and to enjoy success which I really didn't have on the regular tour," Charles says.



Lee Trevino, out-earning his counterpart on the PGA Tour.

Hill, the runner-up on last year's money list with $895,678, epitomizes the dozens of unknowns who have found success on the Senior Tour. When Hill quit the regular tour in 1980—after playing most of his career in the shadow of his older brother, Dave—he had three wins to show for 12 years of competition. He thought he was through with the game when he went home to Michigan to operate a farm and a nine-hole golf course.

"I really didn't practice, and I probably played only about ten times a year," Hill says. "But when Davey came out to the Senior Tour (in 1987) and was successful, I decided to join him. I felt like I could make at least $100,000 a year, and I certainly wasn't doing that at home." Hill won five events in 1990 and had what Trevino called an "unbelievable" year, and the "biggest turnaround of any player I'd seen."

"There are a lot of great players out there," says Trevino, who once attempted to start an "over-40" tour himself. "I'm really surprised how good they are. But if I had to pinpoint one thing about those guys, they've taken care of their bodies a little bit better as they've gotten older. They spend more time on the driving range and on the putting green."

The impetus for the Senior Tour came in 1979, when January and Bob Goalby were among six veteran PGA players who attended the tour's first organizational meeting. The spectacular finish of the second annual Legends of Golf Tournament that year, when Julius Boros and Roberto De Vicenzo birdied six straight playoff holes to edge Tommy Bolt and Art Wall by one stroke, fueled interest in a Senior Tour.

"We were hoping to play about 10-12 times a year for maybe $100,000 a week," says January. "That would just have been wonderful. As it turned out, the tour became a phenomenon."

In 1980, January won the first official Senior Tour event, held in Atlantic City, New Jersey, and he ended the two-tournament series as the leading money winner with $44,100. But there were plenty of problems at the beginning. Some of the old-timers, for example, would come out and shoot in the '90s.

"Guys who were paying $1,500 to take part in a pro-am didn't want to play with people like that," recalls Goalby. "At the time we started, we didn't have too many good players. We didn't get much publicity because nobody accepted us."

Sometimes they didn't get paid. "We played in a little pro-am one day in St. Paul and they didn't come up with the money for the tournament," January recalls. Slowly, however, the Senior Tour expanded to 5 events in 1981 and 11 the following year.

January says the players did "a lot of glad-handling" in the tour's early days. Players were pushed to attend

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HOUSE BY THE SIDE OF THE ROAD

The housecar was to be a home on wheels to Mexico City—only the wheels didn't know it.

by Maynard Good Stoddard

Illustrated by Don Trawin

When two people of conflicting genders are confronted with the question of taking each other for better or for worse, it should be within the bounds of ceremonial ethics for one of the participants to stop proceedings at this point and ask a couple of pertinent questions of his own. Namely, "Worse than what?" and "How bad will it get?"

Much as I dislike dragging my dear wife into this, she is a fair representative of the opposing sex when it comes to deciding issues that the law of nature rightly left in the hands of the male of the species. High on the list of these issues is where the couple should live.

Take me (which would be OK, I'm sure, with you-know-who), for example. In my capacity as subservient husband I have been dragged to—let me count—exactly nine houses and two apartments. And that isn't counting the house trailer. Nor am I counting the housecar, which was once our abode for a proposed journey from Bradenton, Florida, to Mexico City. It's a sickening story, so I'll keep it as short as possible.

It began like this. Taking advantage of my euphoria over selling a poem to *Liberty* magazine (for a nifty 20 bucks), my dear wife stated that because my literary career had become firmly established, we would borrow $1,500 to put with the 20, buy a housetrailer (today's mobile home) and take off for Florida. Here, in a matter of, oh, say six months, my writing would make Hemingway's look like an eighth grader's essay on what I did on my summer vacation.

And I, like a dummy, fell for it.

Actually, she was right about the six months. My writing did so well in only that short time we had to sell the car. Either that or break our habit of eating.

Left now without wheels—except for those on the housetrailer, resting on blocks at a trailer park in Anna Maria Key—we had no way of returning to our beloved Michigan, Mother's apple pie, the American flag, and stuff like that. When schools opened, we had the trailer towed to Bradenton, where Michael (5) could do his coloring under the supervision of a kindergarten teacher. Nikki (4) still would be cutting out paper dolls on her own.

You must understand that my dear wife had been born with at least five quarts of vagabond blood in her crankcase. To be without wheels was for her like going shopping without her purse. And somehow in her little pointy head the idea had fermented

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that our next destination would be, of all places, Mexico City.

And as bad luck would have it, one day while prowling through the jungle behind Bradenton Trailer Park I stumbled upon what I at first took to be abandoned rest rooms. Upon closer inspection, it had wheels. Badly as we needed wheels, we weren't *that* desparate, I chuckled to myself.

At least I thought it was to myself. Unfortunately, this used-trailer salesman, who happened to be downwind at this time, came crashing through the brush before I could make my getaway.

"How would you like to buy 'er"? he gasped.

"Buy 'er? What is 'er—or it?" I wisely inquired.

"That, my friend, is living quarters built upon a Velie chassis...a great car in its day." (I would learn much too late that its day had been in the early '20s, and a common expression of that day had been, "If the hood is up, it's a Velie.")

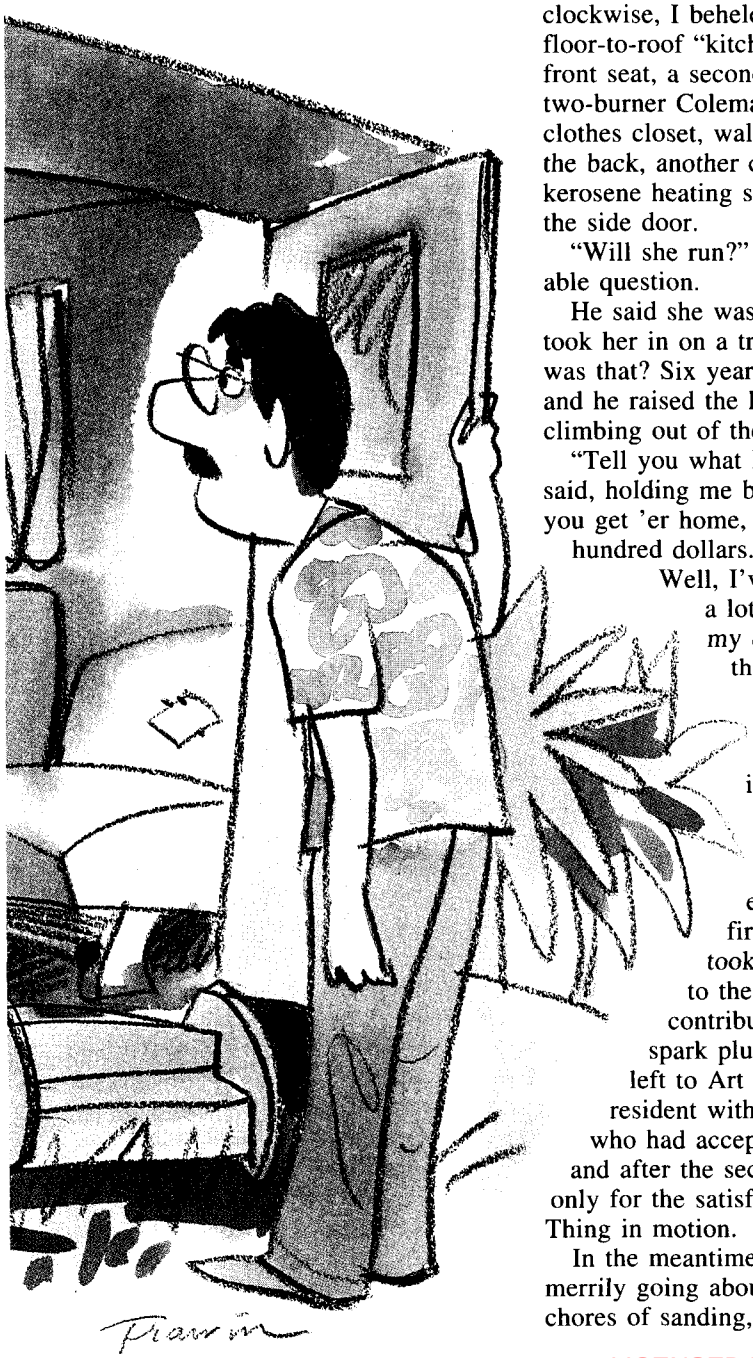
"Here," he said, "let me show you the inside."

Together we pried open the side door. And there, reading counter-clockwise, I beheld a pop cooler, a floor-to-roof "kitchen" cupboard, the front seat, a second kitchen cupboard, two-burner Coleman stove, sink, clothes closet, wall-to-wall bed across the back, another clothes closet, kerosene heating stove, and back to the side door.

"Will she run?" seemed a reasonable question.

He said she was running when he took her in on a trade. And when was that? Six years ago. We went out and he raised the hood. Vines were climbing out of the cylinders.

"Tell you what I'll do," he said, holding me by the arm. "If you get 'er home, send me three hundred dollars."



Well, I've been talked into a lot of dumb things in my day, but taking on that Thing (as it came to be called) and trying to nurse it to Mexico City by far outweighs all the others put together. Getting the first encouraging backfire from the engine took exactly a month to the day. My only contribution had been new spark plugs, the rest being left to Art Martin, a park resident with a mechanical bent, who had accepted the challenge and after the second week labored only for the satisfaction of seeing the Thing in motion.

In the meantime, dear wife was merrily going about the feminine chores of sanding, painting, washing, soldering, hanging curtains, and writing to her mother for the remainder of the canned goods we had left with her (which turned out to be a barrel—I'm not kidding—a barrel of peaches). The kids, catching her enthusiasm, couldn't wait to hit the road. It remained for Cookie, our nondescript dog, to put the project in proper perspective. The tow truck had no sooner deposited this automotive heirloom on the street in front of our trailer than he ran up and christened both rear wheels. His canine ESP must have told him what lay ahead.

Although the engine consistently smoked, the radiator even in cold weather did a marvelous characterization of Old Faithful, and the top-heavy body emitted more grunts and groans than a sumo wrestler, it would be the 25-year-old tires that turned this otherwise horrible experience into a nightmare.

So why didn't we start off on new tires? Because, as the tire man said, after using the Braille system to check the size, "Man, you won't find passenger car tires in that size this side of Greenfield Village."

"Then I'll put on truck tires," I said simply, as it turned out.

"Not on those two-and-a-half-inch rims, you won't."

"Then I'll put on wider rims."

"On those wood spokes? Don't make me laugh."

What made him laugh was when I told him we were heading for Mexico City.

"Mexico City!" he said, after he'd stopped laughing, "You'll be lucky to get out of town on those tires."

Undaunted (one can't very well daunt with a wife, two kids, and a dog urging him on), the next morning we were off. The many sad faces among the park populous brought a lump to my throat, which dissolved immediately upon realization that watching the Thing being towed had become the park's favorite spectator sport. The one cheerful face belonged to the park manager—a rumor had circulated that he had tried to bribe Art Martin to tow our home on wheels directly to the city dump.

Wouldn't get out of town, eh? That's how much the tire guy knew.

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JOHN FALTER: REFLECTIONS OF AMERICA

A career that included 129 Saturday Evening Post *covers qualifies this prolific artist to be immortalized in the American Illustrators Hall of Fame.*

by Steve Pettinga and Maynard Good Stoddard

"You won't be an artist until you've put a cover on *The Saturday Evening Post*," George H. Falter told his son, John, not realizing that challenge would become one of the most important moments in the young man's life. By focusing his energies on this cherished goal, John Falter would succeed in painting more than 120 covers for the magazine that his father regarded as the ultimate publication in its field.

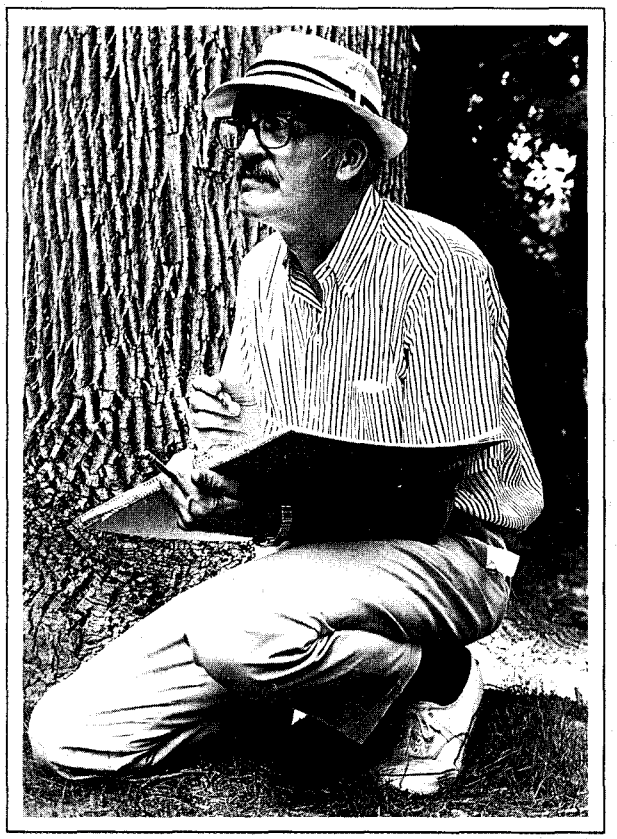
Today, it is with much pride that we celebrate John Falter and place his work in the Illustrators Hall of Fame, now housed in our *SatEvePost* headquarters in Indianapolis.

John Philip Falter, born in Plattsmouth, Nebraska in 1910, began sketching at the age of two, on a chalk board supplied by his mother. His first commission came from a local soda shop that paid the budding artist in chocolate milk shakes for a well-executed mural. Falter continued to draw, sketch and paint at an inspired pace for the rest of his life, completing, by his own estimate, more than 5,000 paintings, some of which hang in eminent museums throughout America.

This output is not at all surprising considering that Falter awoke every morning at 3 o'clock to concentrate on the work in progress, and that he painted until 5:30 p.m. six days a week.

Natural ability and desire were not enough for John Falter. He began his formal art training at the Kansas City Art Institute, graduating at age 20, and continued his studies at New York Art Student's Art League and the Grand Central School of Art before feeling qualified to tackle the "big time."

At first the big time was not all that big. His work appeared in minor "pulp" magazines, small book illustrations, and a few advertisements, but John Falter's talent soon landed him assignments at such prestigious magazines as *Liberty, McCall's, Cosmopolitan, Reader's Digest, Life,* and *Look.*



Of more than 5,000 paintings, many reflected John Falter's passion for the simple pleasures of life.

With the onset of World War II, the artist interrupted his career to enlist in the Navy. From chief boatswain's mate he was soon promoted to lieutenant on special art assignment. As such, he designed over 300 posters and other materials for the Navy's recruiting program. While still in service uniform he landed a contract with *Esquire* calling for 12 illustrations honoring the American soldiers. At the same time, he succeeded in adding *The Saturday Evening Post* to his cover assignments.

His first *Post* cover, January 16, 1943, was a portrait of who else but Benjamin Franklin. Falter took the assignment very seriously. A thorough researcher, he first read Carl Van Doren's biography of Franklin. In depicting his famous subject as Commissioner to France, Falter later explained that he wanted Franklin to be "as human as Willkie, as alive as Roosevelt, and as much a part of things today as any man we have living. It is a mistake to try to push such men back into a period."

Falter's work soon evolved into a style and character that would delight *Post* readers for the next 19 years. Tragicomic elements of everyday life in America, a *minor* broken rule, simple pleasures, beautiful renderings of rural and urban scenes, all done with true artistic passion, became Falter's hallmark. "It has to be a love affair every time," Falter said. "If you aren't in love with what you are trying to put on canvas, you better quit."

A unique style emerges from John Falter's paintings. His masterful treatment of light stems from his love of the outdoors and his practical knowledge of nature's many moods. It is

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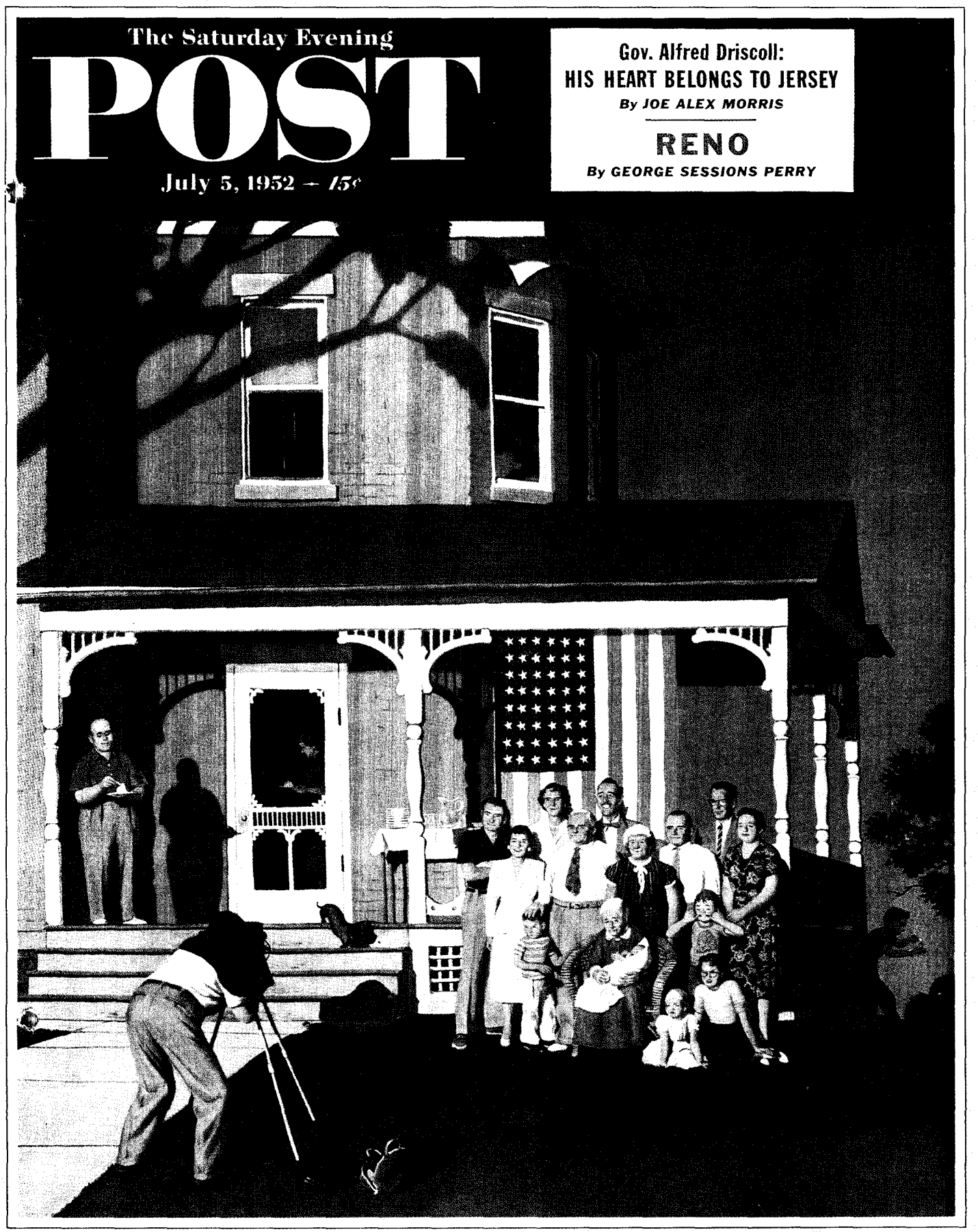

Falter found fun in an Independence Day reunion, complete with show-off boys and independent grandpa.

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Falter endeared himself to female *Post* readers by illustrating that "women's work is never done."

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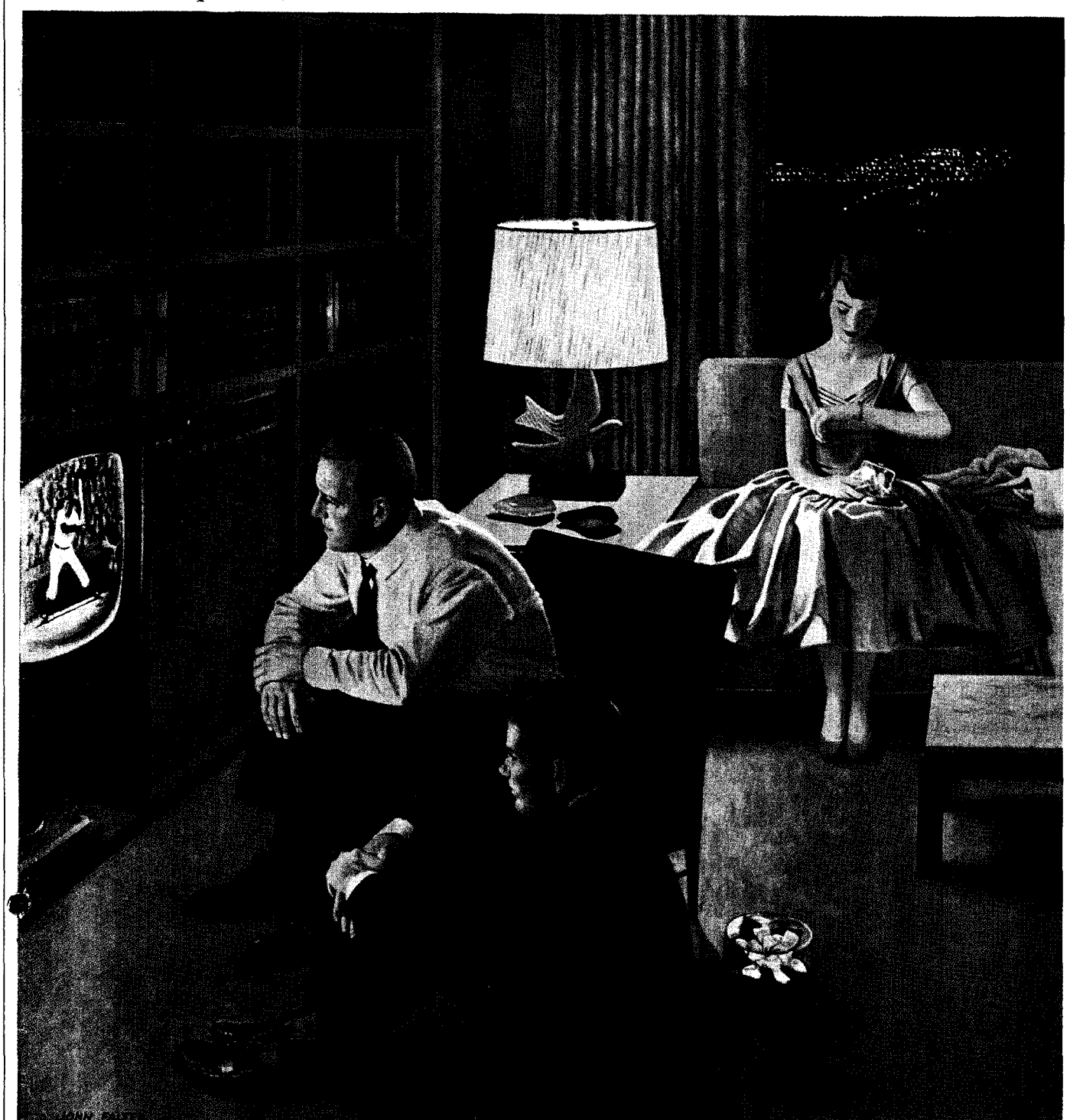
The Saturday Evening
POST
April 21, 1956 — 15¢

HOW TO MANAGE TEEN-AGERS
By Governor Collins of Florida

Ernie Banks of the Chicago Cubs



Spring is a time for romance, but on Falter's easel it also stirs the male passion for baseball.

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No hedging on this cover as artist Falter presented the forerunner of the sloppy/neat Odd Couple.

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The Saturday Evening
POST
June 20, 1953 – 15¢

How Ike is Handling
THOSE LOYALTY INVESTIGATIONS
By Harold H. Martin

I Spied on the Chinese Communists
By Reginald C. Thomas

John Falter recalled a scene from his childhood to put this adorable cover on the *Post* in June of '53.

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The Saturday Evening
POST
November 9, 1957 — 15¢

HOW TO WIN AT POKER

By Herbert O. Yardley

Michigan's Soapy Williams

Young Sammy Sixgun knocks off a villain while Ralph, John Falter's own dog, tries to knock off a nap.

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The Saturday Evening
POST
April 18, 1953 - 15¢

LINDBERGH TELLS
HIS OWN STORY OF
HIS FAMOUS FLIGHT—
33 HOURS TO PARIS

Tragicomic situations became John Falter's hallmark. This cover is one of the most demonstrative.

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TRACKING A KILLER

Why did seemingly healthy Amish babies suddenly sicken, become paralyzed, or die? Dr. Holmes Morton solved this mystery for the anguished parents.

by Ryan Ver Berkmoes

D. Holmes Morton, M.D., cradled 18-month-old LeRoy Stolzfus in his arms. The infant was limp and lethargic.

"I'm a little bit worried about him," Dr. Morton told LeRoy's parents, John and Sadie. Both sat quietly and listened carefully.

Outside the cozy farmhouse, an ice storm raged on this cold January night. Inside the combination kitchen and family room, a gaslight provided sharp illumination as Dr. Morton drew blood from a now crying LeRoy.

There are no electric lights in the Stoltzfus home. The family is Old Order Amish, dedicated to a lifestyle that eschews modern conveniences. Commonly called "Pennsylvania Dutch," the 15,000 Amish of Lancaster County are all descended from the 200 Swiss Anabaptist farmers who settled here more than 250 years ago. (The term "dutch" is an anglicized misnomer of "deutsche," the dialect the Amish speak among themselves.)

Their closed society, with its well-known images of horse-drawn buggies and simple black clothes, is also known for its hard work and thrift. But in the medical community, the Amish are known for something less bucolic. Generations of in-breeding spawned by the religion's strict prohibition against marriage to outsiders has produced an array of serious genetic disorders.

Little LeRoy has one of them: glutaric aciduria, which afflicts at least one in 200 Amish children in the United States.

Children with the disease show no symptoms at first but usually are stricken within the first year of life. Many die; the survivors, like LeRoy, are left with paralysis similar to cerebral palsy.

The disease went unidentified and untreated here until two years ago.

It was Dr. Morton who diagnosed it, while working as a research fellow at Children's Hospital in Philadelphia, two hours east of Lancaster County. That discovery changed his life.

Generations of inbreeding caused by a strict prohibition against marriage to outsiders has led to an array of genetic disorders in Amish children.

The 40-year-old pediatrician has devoted himself to studying and treating the genetic disorders that afflict Amish children and their religious cousins, the Mennonites. Working 16-hour days, six or seven days a week, he has put his concern for his patients above his personal life. Slightly rumpled, with a proclivity for bow ties, he yawns a lot. Sometimes the strain puts him in peril. In December, while driving home at the end of a long day, he fell asleep and his car collided with another vehicle. His car was totaled, but no one was hurt.

The night Dr. Morton examined LeRoy came near the end of a typical workday. He made the housecall on his way home to Wayne, an hour's drive from Strasburg. But his concern about the child's condition made him change his plans.

Rather than drive home, Dr. Morton returned to his office to run tests on LeRoy's blood and urine. If the boy did not improve overnight, he would have to be admitted to the hospital. Fearing that icy roads and deteriorating weather would delay his commute the next morning, Dr. Morton decided to sleep at a friend's house near his office. This was the second night in a row that he would not return to his wife and three children.

Such dedication has earned him the respect and acceptance of the Amish and Mennonite communities. Proof of their regard is found on a plot of land situated among the picture-postcard farms in the rolling hills south of Strasburg. At the end of a gravel lane, a pasture had been cleared for a building that is nearly complete. Built in the sturdy and simple style favored by the Amish, it will house Dr. Morton's clinic. Much of the labor and material used in its construction has been donated, as was the land it is built on.

When Dr. Morton moves his prac-

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Ryan Ver Berkmoes

At his new clinic, Dr. Morton will apply his simple strategy for treating the disease he diagnosed.

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tice, which he calls The Clinic For Special Children, into the building next month, it will be an achievement that few would have predicted for the high-school dropout from the small West Virginia coal-mining town of Fayetteville.

Leaving school because he enjoyed learning only on his own terms—"I preferred reading William Faulkner to attending class"—he got a job on the crew of an ore carrier plying Lake Michigan. There, between the hustle of port calls, he studied, taking correspondence courses in subjects such as physics and chemistry.

During the Vietnam War he completed a four-year stint in the Navy that included a one-month leave which he spent alone, reading, on the Mediterranean island of Elba. Two decades later, he recalls that time with a look of youthful joy.

After the Navy, he returned to crewing on ore carriers until he obtained his high school equivalency diploma. He left the lake for Trinity College in Hartford, Connecticut, drawn by the school's policy of self-directed learning, where students pursued knowledge unfettered by classes.

He graduated with honors in biology and psychology.

His next stop was Harvard Medical School, where he found another academic system to his liking. "They grade pass-fail, so rather than waste your time competing for grades, you can spend your time learning." About 15 minutes after his first lecture class began, he decided to learn the material on his own.

He did his residency at Children's Hospital in Boston. "Holmes was a phenomenon," recalls Harvey Levy, M.D., a pediatric neurologist who helped supervise Dr. Morton. "His ability to synthesize everything and make a diagnosis was superb, and in some cases was astounding."

Dr. Levy, who is now director of metabolic disorders for the New England Newborn Screening Program, recalls that Dr. Morton could be found on the ward at all hours. "He was very caring. His patients were his inspiration to science."

Next came the research fellowship at Children's Hospital in Philadelphia. There, in June 1988, he diagnosed glutaric aciduria in a sick Amish boy. There had been only eight cases reported worldwide.

Since then, Dr. Morton has diagnosed 27 cases among the Amish.

He had solved a mystery that had been a source of anguish for many parents with seemingly healthy infants.

The first time that children born with glutaric aciduria experience an infection leading to fever and diarrhea, they often lapse into a coma and die within 48 hours.

Under the stress of the infection, their bodies stop metabolizing protein normally. Toxic glutaric acid builds up rapidly in the bloodstream and muscle tissue and attacks the liver, nervous system, and brain. Children who survive the first episode are left with progressive paralysis.

Dr. Morton began driving to Lancaster County from Philadelphia at least one day a week to measure the glutaric acid levels in the urine of infants and children. During endless rounds of house calls, he sought to earn the community's trust while conducting tests that would lead to additional cases.

He enlisted the midwives who deliver most Amish children to help him gather urine samples. He also made an important friend. Rebecca Huyard is Old Order Amish and had spent 15 years as an Amish schoolteacher. Five of her sister's seven children had become mysteriously ill. Two had died and the others were severely physically disabled. Dr. Morton diagnosed their problem.

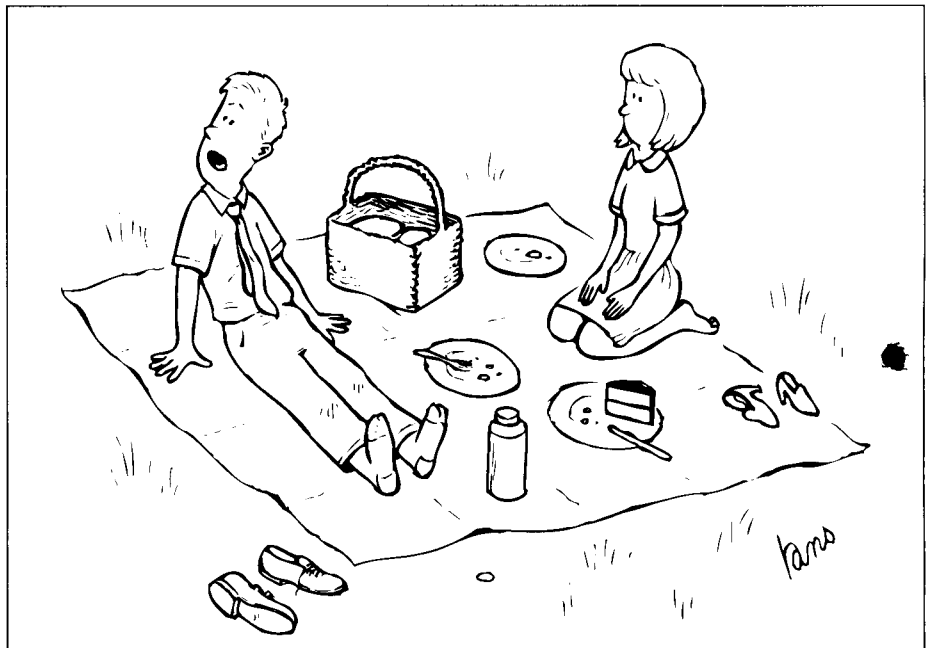
Huyard decided to go to work for Dr. Morton—the first Amish woman ever to do such a worldly thing. "He was doing work that needed to be done. I figured, let people raise a few eyebrows if I helped him," says Huyard in her lilting accent.

In late 1988, Dr. Morton received an appointment to study glutaric aciduria full time at the Kennedy Institute at Johns Hopkins University in Baltimore. But his life became increasingly hectic. He would spend several days a week collecting information and urine samples in Lancaster County and the rest of the week analyzing the samples two hours away in Baltimore. At nights and on weekends, he worked at a hospital near his Philadelphia-area home to help support his family.

It soon became apparent that this schedule, even for the indefatigable Dr. Morton, was too demanding. With the help of Huyard and his wife, Caroline, he began planning a clinic in the county that would have the necessary lab equipment. He applied for several grants, but was rejected.

In the fall of 1989, Dr. Morton, characteristically, decided to take matters into his own hands. He began arranging for a second mortgage on his house to fund the clinic.

But two days before he was to close on the loan, manna appeared in the form of a front-page story in *The Wall Street Journal*. A reporter had been tipped off to Dr. Morton's dis-



"No, Carol, I've never dreamed the impossible dream. The closest I've ever come is the improbable one."

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covery and financial dilemma. Within days, hundreds of letters and checks began arriving.

Dr. Morton continues to be moved by this outpouring, which included an anonymous donation of $100,000. He got $3,000 from a childhood friend whom he hadn't seen for more than 20 years; the friend had raised the money by contacting their former school mates.

Hewlitt-Packard Co. donated a gas chromatograph and mass spectrometer, worth $85,000. Construction expertise and materials also were offered. Lancaster General Hospital donated renovated office and lab space for Dr. Morton's use until he could move into his building.

Subsequent publicity and local fund-raising efforts have attracted more donations; in all, Dr. Morton has received more than $300,000 in money and equipment.

The clinic opened last January in its temporary space. In addition to screening and treating Amish children for glutaric aciduria, it treats Mennonite children who are susceptible to maple syrup urine disease, another genetic disorder that is detectable in newborns and that, without proper treatment, can be fatal within the first 48 hours of life.

Dr. Morton downplays his discovery of glutaric aciduria. Instead, he focuses on his approach to treating his clinic's unique patient population. "I don't think of myself as a specialist who practices in a rural setting. Rather, I consider myself to be a general pediatrician who is aware of particular health care needs of the people who come to me for care."

The Amish and Mennonites do not have health insurance. They tend to accept care from midwives in the home, seeking treatment outside only in the event of serious illness. Dr. Morton and Huyard try to hammer home to them the philosophy of preventive care.

"We are screening about 65% of the at-risk newborns in the county now," Huyard says. "That figure should be 85%, and I would like it to be 100%. But Amish people especially are very suspicious."

Without television or movies for distraction, the Amish community's major form of entertainment is social gatherings. That's where Huyard preaches prevention.

The test for glutaric aciduria costs $300 or more if done by a major medical center. When he does it in his own lab, Dr. Morton's cost is less than $20.

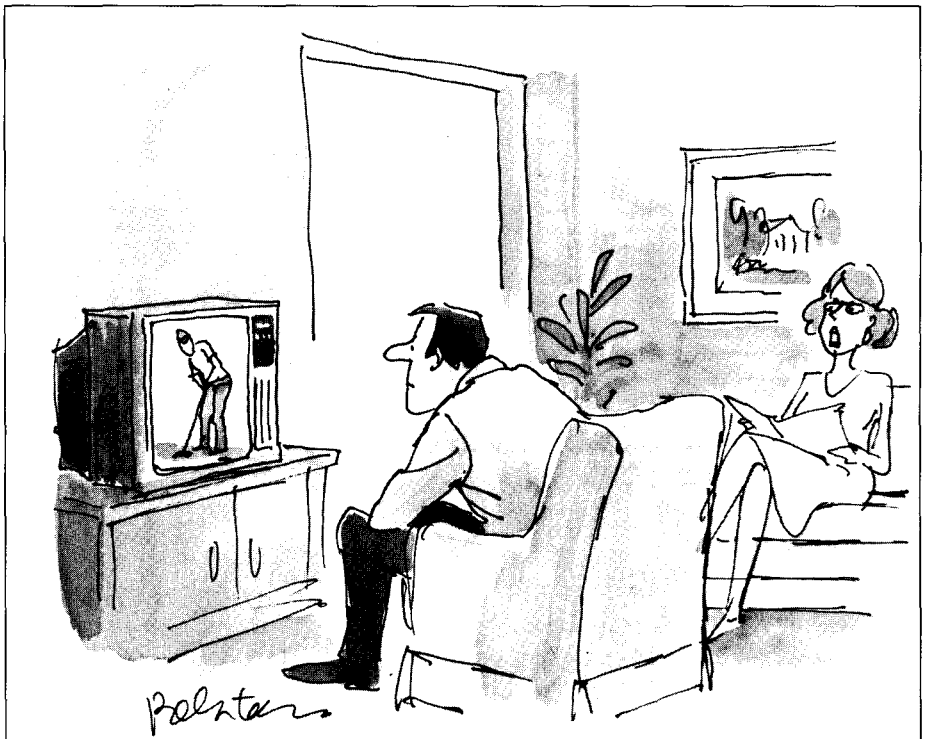
"We tell everyone that payment for testing is optional," he says. "In the long run it works out better because people give more. Somebody won't be able to pay us one time, but the next time they'll give us $100."

Economics motivated two Mennonite churches to raise $56,000 for an amino acid analyzer for the clinic. "The machine is vital to diagnosing maple syrup urine disease," Dr. Morton says. "We can do the test for about $45. Sending out the test costs $200 to $400, and can take longer than the 24 to 48 hours after birth during which the disease must be diagnosed to avoid damage.

So far it has worked. Dr. Morton has been able to keep healthy those children who tested positive for the disease at birth. For those who, like LeRoy Stolzfus, weren't screened at birth and had been damaged by one bout with the disease before they were diagnosed, he has been able to keep their conditions from worsening.

Richard Kelley, M.D., a geneticist and specialist in metabolic diseases at the Kennedy Institute, has worked with Dr. Morton to set up his laboratory testing methods.

"Much of the Amish and Mennonite's problems with access to health care stem from the problems shared by all rural populations," Dr. Kelley says. "Contrary to popular belief, they will seek out health care, but they have a problem of mobility. It takes a long time to get some place in a horse and buggy. Also, the kind of care the children need is tantamount to intensive medical care. Dr. Morton is in the community to deliver the care and he has the expertise to do it."



"I refuse to whisper while you're watching a golf tournament!"

"One incident where a child ends up sick in a hospital can cost $70,000. The communities are self-insured with everyone sharing the cost. It was easy for them to see the wisdom of having our own machine for screening."

Dr. Morton has devised a simple strategy for helping children who test positive for glutaric aciduria. "We cut down on their proteins and give them riboflavin, which breaks down glutaric acid. We also keep them well hydrated. It's a simple therapy that mothers can do at home cheaply."

Dr. Morton appears to be in his element surrounded by the variety of high-tech equipment in the clinic's lab. He moved with grace to transfer a test tube here, load a sample there. It is where he comes early in the

continued on page 93

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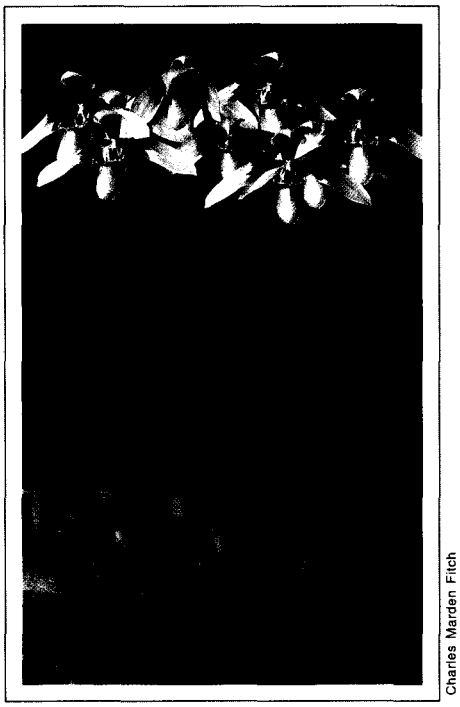
DE-MYSTIFYING THE ORCHID

For all their romance and legend about being the "flowers of millionaires," the truth is, everyone can grow orchids.

Orchids are the most beautiful flowers in the world! For more than a hundred years, they have bloomed on the windowsills and in the greenhouses of people from all corners of the earth and from all walks of life. Yet they remain a mystery to many. People have long regarded orchids as the "flowers of millionaires," commanding a king's ransom and living out an existence as brief and fragile as a breath on frosty air. Such legends add romance, but they are far from the truth. Although some top prize-winning orchids carry budget-breaking price tags, healthy, strong orchid plants may be purchased for the price of a long-playing record; and any orchid, when grown well, will prove to be a companion for life. The real truth is that everyone can grow orchids!

What is an orchid? First of all, orchids are not parasites, like mistletoe, that penetrate the bark of trees on which they live, extracting nourishment in this fashion. In nature most orchids are epiphytic; that is, they live on rocks and trees which serve only as support, while their specially designed roots wander about on the surfaces, taking moisture and nourishment from little pockets of humus and debris. Some orchids are terrestrial, their roots, like most plants, structured to grow in the ground rather than high in a tree or on some rocky ledge. The roots of most terrestrial orchids rarely penetrate deeply into the ground, however, preferring to ramble just underneath the cover of dead leaves and vegetation. As a result, orchids are rather independent plants, requiring only support, normal light conditions, and a reasonable amount of water and humidity. Most of us can supply these requirements far more easily than we might believe.



Charles Marden Fitch

Delicate blossoms of* Paphiopedilum appletonianum *Crowhurst balance precariously on slender stems.

Certain orchids do inhabit the dank, steaming jungles deep in some Amazon River backwater—but if

Charles Marden Fitch

Masdevallia caudata, ***from the highlands of Mexico and South America, takes its name from the long "cauda" or tail attached to each sepal; the actual petals are hidden within the flower.***

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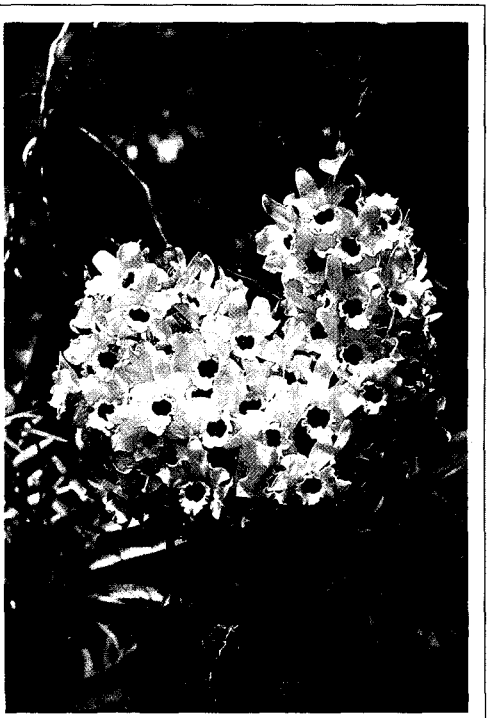
Lewis A. Taber

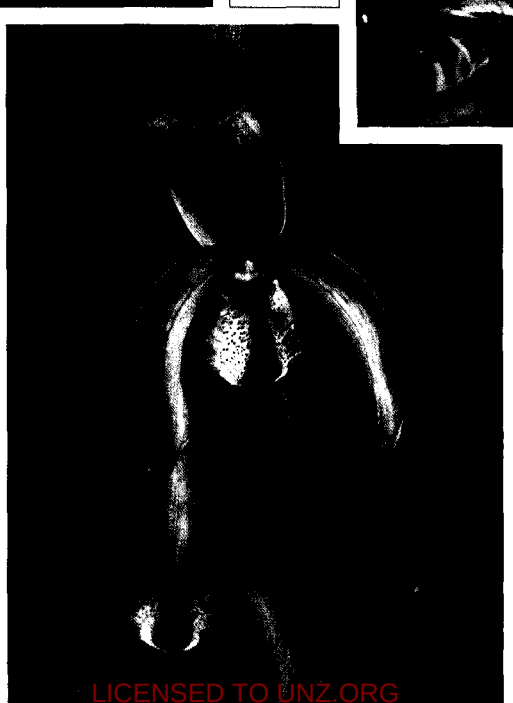
A prized beauty, but a tough customer to cultivate, the **Huntleya meleagris** *El Valle de Anton (left) is among perhaps 10 Huntleya species that grow in Central and South America and Trinidad.*

Charles Marden Fitch

Angraecum *orchids from Africa, Madagascar, and adjacent islands have delicate starlike flowers.* **A. leonis** *Jenny's Moonbeam is a striking example.*



Dendrobium *with upward of 1,000 species and varying culture requirements can confuse beginning orchid growers. This* **Dendrobium** *is Golden Blossom 'Kogane.'*



John J. Nelson

Phragmipedium schroderae *Claire is from a family of orchids that grow on dripping rock faces. In cultivation, it must be kept moist at all times.*

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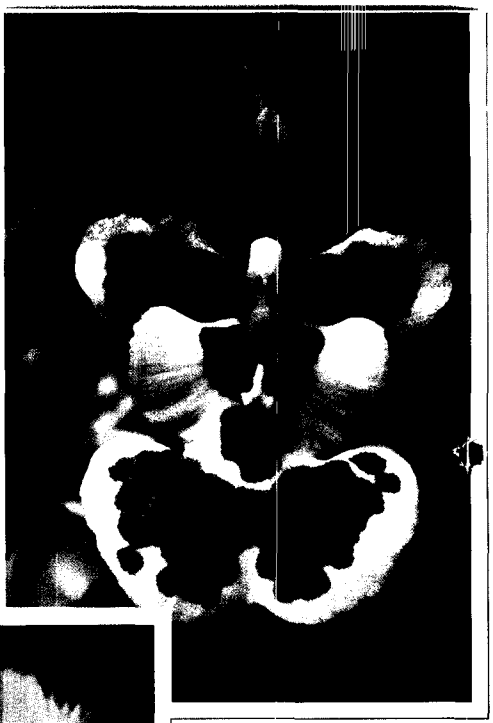
Dendrobium phalaenopsis *(above,* **phalanopsis** *Regal) is one of the most rewarding orchids to grow because blooms multiply as the plant grows older.*

***Oncidium** orchids such as* **O.** *Lillian Dugger are dubbed 'Dancing Lady' for their prominent lip, which resembles a skirt, and smaller segments forming the dancer's arms and head.*



Charles Marden Fitch

John Royston

The world's most popular orchids are the cattleyas. The **Brassolaeliocattleya** ***Horizon Flight 'Happy Landing' is among the largest and brightest flowered.***

Getting Started with Orchids

❀ To begin growing orchids, choose three or four plants from the easiest-to-grow varieties: phaelenopsis, cattleyas, cymbidiums, and paphiopedilums that require growing conditions similar to African violets.

❀ Orchids are best purchased by mail order from companies that specialize. Seedling plants usually cost from $3 to $10 per plant. Blooming-size plants run from $6 to $15 and upward.

❀ Join the American Orchid Society. For a small yearly fee you will receive the American Orchid Society Bulletin, in which most commercial growers advertise. You will also receive a discount on orchid books, of which the society has extensive listings.

❀ Start with a range of different orchids to determine which you like best and which grow best for you. Join your local orchid society to learn helpful tips from fellow orchid enthusiasts.

you live in the country in Oregon or Massachusetts, or practically anywhere, you may find terrestrial orchids blooming during the summer months. Orchids can and do live everywhere except in regions of perpetual snow or intense arid desert. You will find that your first orchids, if chosen with certain guidelines in mind, will seem to go out of their way to adapt to the conditions of your home or greenhouse.

Orchid flowers possess a bewildering display of colors, and their shapes and forms range from the sublime to the startling. Contrary to popular romance, no orchids are carnivorous, although a few have evolved such intricate pollination mechanisms that their flowers resemble flies and bees. The vast majority of orchids is uniquely beautiful, however, ranging from the flamboyant purple blossoms so popular as corsages to tiny, chaste white flowers that, when viewed through a magnifying lens, reveal the intricacies of a snowflake.

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Orchids have a fascinating history, filled with exciting tales—some true, some not-so-true, a few tragic, but most delightful and heartwarming. They have intrigued housewives and kings, 19th-century scientists and 20th-century businessmen. One word of warning, though. Once you enter the world of orchids, you may not ever want to leave!

General Rules of Orchid Culture

Orchids, like other plants, can be grown successfully if their cultural requirements are met. There are many different kinds of orchids. You cannot hope to grow them all because a few will demand light conditions or temperatures that your particular climate may not be able to provide. You can grow a great number, however, if you follow two general principles. First, choose an orchid whose cultural requirements fit within the possibilities your growing area can provide. In other words, do not try to grow orchids that demand full, intense sun for 12 months out of the year if you live in gray, wintry New England. Second, adjust the climate of your growing area to meet the cultural requirements of the plants you can grow. Shade-loving orchids, such as *Phalanenopsis*, may be grown in sunny Florida, but you will have to provide additional artificial shading during most of the year.

Orchids in the Home

While a greenhouse remains the best way to grow orchids, people throughout the world have flowered orchids successfully in the home through a variety of methods. A windowsill, an area in the cellar under fluorescent lights, a sun porch, or a room bordered on three sides by picture windows can be transformed in an adequate facsimile of a "home greenhouse."

Orchids can be grown on the windowsill if there is adequate light, humidity, and temperature control. A bright window with a southern exposure is preferred. Direct sunlight should be broken with shading made from a fine-mesh curtain, cheesecloth, or plastic sheeting. A northern exposure yields the poorest light and should be avoided—although phalaenopsis may be grown there if some supplemental lighting is provided.

Humidity—If the paint or wallpaper on your walls can take it, an indoor humidifier run at regular intervals throughout the day will benefit both the orchids and you. In addition you might place your plants on a wire screen or metal rack over a large, flat tray filled with gravel kept continually wet. The normal evaporation will create some humidity in the immediate area of your orchids. You may find it necessary to mist your plants often, remembering, however, that a plant kept soaking wet invites fungal and bacterial disease. If you are able to enclose the entire area in glass or plastic sheeting, still allowing for some air circulation, you will find it easier to maintain a proper humidity without resorting to constant sprayings. Remember, however, that you cannot increase the humidity by overwatering your plants, and you will certainly run the risk of losing the roots of your orchids if you do overwater. Humidity and proper watering are two separate problems. You must solve them independently.

Ventilation—A small fan may be turned on either continuously or at frequent intervals, placed at a distance from the plants. A window left ajar in all but the coldest of weather, again at some distance from the plants, may be adequate to provide proper ventilation.

Watering—A proper watering procedure will depend upon your particular plants, the potting medium in which they are growing, and your own unique growing conditions. Refer to the section on growing the different genera for more specific instructions. A good guideline to follow for terrestrial orchids is to keep them moist but not wet. This may entail watering once or even twice a week in fairly dry weather. Epiphytic orchids must be allowed to approach dryness before they are watered again; consequently, one watering is usually adequate. Observation, however, rather than adherence to a strict schedule is the key to success in watering correctly.

For further information about growing orchids, write: American Orchid Society, 6000 South Olive Avenue, Department 1-A, West Palm Beach, FL 33405.

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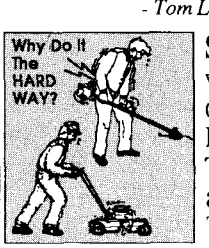

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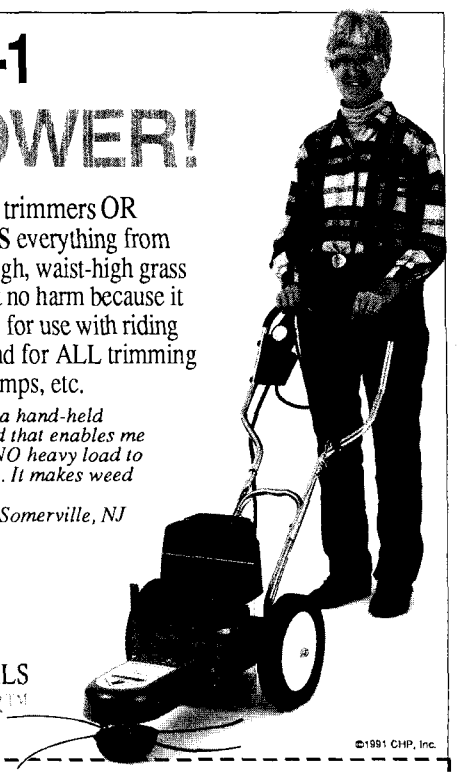

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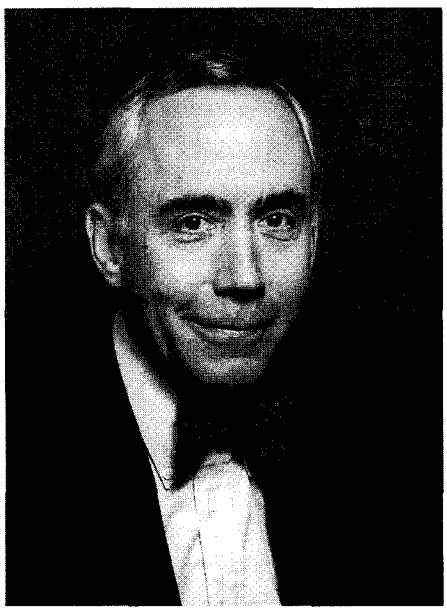
OPEN FORUM

THE BIBLE: OUR HERITAGE

Why are people missing out on the Good Book's treasure-trove of wisdom, stories, and understanding?



Thomas Ehrlich is president of Indiana University, where he also teaches ethics. A Harvard Law graduate, he has written extensively while serving at Stanford University Law School and the University of Pennsylvania.

by Thomas Ehrlich

ENGRAVING BY WILLIAM BLAKE

In undergraduate ethics classes I teach, I am struck by how few young people these days have grown up reading the Bible as a treasure house of wisdom, understanding, and splendid stories. When I was young, the Bible was central to our daily lives, to our sense of common heritage, and our cultural, literary, and moral understanding. I hope for a renewal of awareness of this common text that helps knit us together as a community.

In earlier days, among both Christians and Jews, the Bible was the key—and for many the only—path of education. One scholar calculated that in the course of a lifetime, a person who went to worship services regularly would hear the equivalent of about ten college educations in the teachings of the clergy. The Bible was the "common academic experience" through which ordinary citizens learned and thought about the great issues of individual and community life. People carried the stories of the Bible in their heads and followed the lessons of those stories in their lives.

Recently, I asked faculty colleagues for their views on what is required to be culturally literate. What should our graduates know about the history, art, and literature of Western civilization? One friend, English professor Al Wertheim, told about his father, who came to this country penniless and with only an eighth-grade education. He left Nazi Germany in 1937 with the clothes on his back and a few belongings in a suitcase. These precious possessions included two books: the Bible and the *Odyssey*. "There it was," Al said, "the core of our civilization in two books. It still speaks eloquently to me," he told us, "that this is what my father chose to take to the New World."

When I started reading the Bible as a child, the story that fascinated me most, and continues to fascinate me, is the Book of Job. Among all the Bible's stories, none hits home more tellingly, particularly in this post-Holocaust age, than the Book of Job. It is a spiritual and literary masterpiece.

You will recall that Job is struck down by a series of terrible blows. He is a good man, a person of integrity. He has tried his best to be upright and religious because he fears the consequences of a wayward life. Suddenly, all his nightmares come true. He loses his children, his wealth, and his health. In anguish he cries out, "What have I done to deserve this? Why me? I am innocent."

Each of us suffers something of Job's fate at times in our lives. This is the source of the book's spiritual power. We may lose a friend, or a child, to an incurable disease or a senseless accident. We may lose our homes to fire or financial hardship, our health to illness. Even if we have sinned, do we really deserve terrible retribution? We cry out with Job against chaotic fate.

As Job sits suffering, three friends come to console him. Their brand of solace is not very comforting. "You must have done something to deserve it," they say. "Repent. If you are pure, God will save you. God never abandons the innocent." In their syllogism, if God is all-powerful, and if God is just, then Job must be guilty. He is being punished. He ought to think harder about the sins he must—somehow, somewhere—have committed.

But Job proclaims his innocence. "What's the matter with God," he asks, "that he should do this to me? Can't He tell right from wrong, or keep His accounts in order?" Finally Job asserts his right, according to ancient Jewish law, to summon his accuser and confront him face to face.

God obliges. He comes down in the whirlwind to give Job a lecture. And what a lecture! God says nothing at all about Job's innocence or guilt, or the reasons for his suffering. Instead God thunders about the majesty of

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William Blake's engraving for the Book of Job, a masterpiece of world literature.

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creation, the vivid wildness of the physical world. The imagery is rich with the power and beauty in which our lives are embedded.

The Book of Job is the great parable of moral outrage, a powerful expression of our common dilemma when we are victims of events that ride roughshod over our moral sense. When bad things happen to us or to those we love, we want to find a reason. We want to make sense of our pain in order to deal with it. The futility and meaninglessness of the accidental is a terrible emotional burden.

In this century of splendid scientific achievement, we have become accustomed to finding answers to the question "Why?"

It is the core question of the human mind the expression of our curiosity, our drive to know, to understand, to bring reason and order to our lives. When parents ask me what trait will be most important for the educational success of their children, without hesitation I answer, "Curiosity." But curiosity has its costs when events seem ruled by roulette.

Faced with pain, we look for reasons as though there might exist a set of moral equivalents to the laws of thermal dynamics. But moral laws and physical laws are different, and the one does not presuppose the other. Nature, "red in tooth and claw," cares nothing for our personal lives. For example, we now know a great deal—in physical terms—about why cancer strikes. But why does it strike *us*? There are no answers to that question. Cancer strikes the just and unjust. We suffer spiritual anguish as we try to understand such events.

In the bestselling book, *When Bad Things Happen to Good People*, Rabbi Harold Kushner poses the age-old question: "If God is good and all-powerful, how can He allow good people to suffer?" Rabbi Kushner says God can help us endure and overcome suffering, but He cannot reach out to prevent it. Kushner concludes God is not all-powerful over the laws of nature and chance that impinge on our lives.

To me, this is a devastatingly wrong answer. It takes away from us all reason to give thanks—to give thanks, for example, when a frightening lump is found to be harmless. It deprives us of the meaning of prayer that things will turn out well—prayer, for example, for the safety of a son or daughter sent to war. Kushner's position rules out hope—rules out the intervention of God's grace, a force beyond human capacity to shape or even comprehend. Yet the capacity to hope is vital to our ability to go on when hopes are dashed.

Imagine a world where all that happened to you was calibrated on the sole basis of your own actions. That world would be without altruism, without a good deed done for the sake of doing it. All our actions would have ulterior motives, marked in our minds not by right or wrong, but by the likelihood of reward or punishment. The pleasures we gain from giving for its own sake would be gone. Along with such pleasures would go the pain of undeserved tragedy. Without that pain, life would not be a human experience.

"Bible stories help us learn to think about our lives, to rise to the challenges of both the best and the worst that comes our way."

Job learns to assert his human dignity in the face of adversity. The human spirit is human precisely because it can face failure and tragedy—however undeserved—and still go on. Otherwise, we would be no more than machines. Our actions would be based solely on a crass calculus of cost and benefit.

The opposite extreme would be even worse—a world in which all consequences were random, where chance was the sole determinant of rewards and burdens. In such a nihilistic world, life would be unbearable, for nothing we did would make any difference.

However much we do not comprehend, we do know that in this world one person can make a difference. We can increase the odds of a better life for ourselves and for others by what we do. We cannot ensure success by our actions—nor are we necessarily doomed by our misdeeds—but both are prime determinants of our future.

It will not come as a surprise that I think education is the best means to improve the odds of understanding the life well lived, and then living it—living a richer, fuller, more satisfying existence. And education implies being exposed to a wide variety of ideas, not mere indoctrination in a narrow and confining set of tenets.

In response to the sectarianism of the first century, the Jewish scholar Hillel believed that life was lived effectively only *within* the larger community, not apart from it. The central tenet of his philosophy is the question, "If I am only for myself, what am I?" He dedicated his life to the search for ways to strengthen the human community—as distinct from the political community of the state—and to serve God while also serving humankind. Hillel's ideal for the life well lived was that each day brought new commitments, new demands in terms of the bonds that tie each of us to the community, and we must respond to these demands as if there were no other day to follow.

At the core of his philosophy is the vital relationship among knowledge and learning, personal ethics, and the bonds of our common humanity. Hillel taught that justice is more than right and wrong; that community is more than a loose connection of individuals; that knowledge is more than facts, the teacher more than a dispenser, and the student more than a recipient of information.

These perspectives on community and knowledge, teaching, and learning are the heart of education. Especially today it is imperative that we not lose sight of the fundamental values education must serve. We are in a time when the roots of individual morality are strained. Perhaps the most telling effect of the explosive advance of knowledge in this century is that it has brought home to us an awareness that there is no built-in, readily accessible scheme of meaning in the world—as Job learned so painfully. We can try hard to put meaning into our lives, but it is up to us to devise that meaning for ourselves.

This responsibility is an aspect of freedom. Ordinarily we think of freedom solely as a benefit. But in a moral sense, freedom can be alarming and unsettling. It means we do not inhabit a clearly ordered moral universe, as Job ultimately understood. It forces us to recognize the degree to which we are responsible for our own lives.

I encourage a return to the Bible as a part of the value-shaping experience. Bible stories such as the Book of Job help us learn to think about

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our lives, to rise to the challenges of both the best and the worst that come our way, to go on living creative and productive lives despite hardships and pain, and to recognize and accept the limits of our understanding. The great literature of the Bible resonates with human themes. It provides a common language and a sense of community across time. It is our heritage. Our efforts, yours and mine, can help renew that heritage for future generations. ✝

Red Lizzie

continued from page 45

"Oh, Venus," I said, quite sure that Jackson was drunk or crazy.

"No, not Venus. Nobody comes from Venus."

"No intelligent life there?"

"Far from it. Bvénis—a star."

"Long way away?"

"You know what a light-year is?"

"About six trillion miles, I believe."

"Approximately. Well, by those measurements, Bvénis must be about 1,500 light-years from here."

"Quite a trip," I said.

He replied, "Look here. I talk to you because you have got the story writer's mind; you are supposed to enter into the spirit of things. Laugh at me and I will ask you to go away!"

"I merely remarked that a journey that takes 1,500 years at the rate of 186,000 miles per second is quite a trip."

"You could also figure out how long it would take on a tricycle. Who said anything about a rate as slow as light? There are quicker ways of traveling——"

"Einstein says if mass travels faster than light it becomes energy," I said, "and the formula is——"

"Formula!" he cried, staring me down. "Your friend Einstein is a baby; he can't count beyond ten. A Tartar cashier with an abacus knows more in his little finger." He took out his handkerchief and stretched it diagonally. "Say this is a distance. Which is the quickest way from one end of it to the other? Why, I simply drop the end I don't want, and there I am, at the other end. This handkerchief, a mile, a million miles, a light-year—there's no difference at all—it's only distance; one dimension only." He drank, and then called for more Red Lizzie.

"If I do this," he went on, drawing a line on the bar, linking two little puddles of spilled liquor, "that distance, like light, calls for space *and* time to traverse. But the other way—ah, that's the way."

"Rockets wouldn't be feasible?"

"Rockets? Listen to me: No Bvénisian would touch a rocket, or any other kind of machine. You know that picture I draw, the one you like, what you call the Wilderness? It was a garden, once, until we fought a war with machines. Then it was burned away to what you see—like something in a bad dream. No, no, machines are taboo. When I came here I would not even travel in a steamboat. I took a sailing ship out of Odessa."

"Couldn't you have picked up both ends of the distance and——"

"Didn't I just tell you that this d---ed stuff"—he emptied half his refilled glass—"was the ruination of me? What would I be doing here if I could have remembered the way Home? At the time of the last Exodus, in 1908, I was blind drunk in St. Petersburg, and my people left without me, 40,000 of them. And I am the last Bvénisian left in this miserable little world!"

"Forty thousand!"

"That was the last of us. There had been several Exoduses earlier on."

"And had the Bvénisians been here long?" I asked.

"Oh, millions and millions of years, waiting for Bvénis to heal itself and grow green again. What do you suppose you are, and he is"—he pointed to the barman—"and your friend Einstein, and all the rest of you, high and low, but descendants of us Bvénisians? Bvénisians brought intelligent life to this planet. I mean, intelligent life as you know it."

I said, "So I am a Bvénisian?"

He murmured, with some embarrassment, "Well, yes, in a way. But by a true Bvénisian, I mean one of the hierarchy. We bred a sort of rabble to serve us as menials. . . ."

"If your people were here so long, how is it that they left no remains?"

"Well, we lost two large civilizations that are known in legend as Atlantis and Lemuria. Oh, we have

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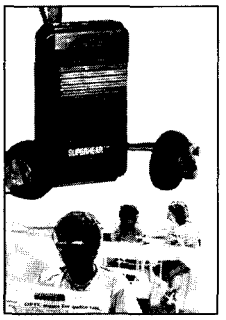

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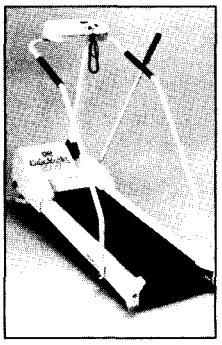

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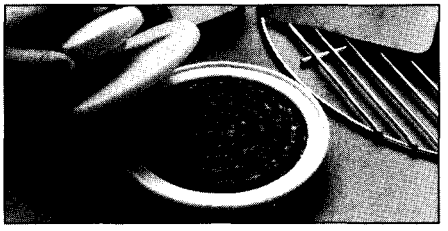

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had our setbacks here on Earth! For the rest, our practice has always been to send our dead home to Bvénis. Mechanical and chemical technology was forbidden to us. What should there be of remains, then? There are a few stray crumbs—Sumeria, Chaldea, Egypt—nothing much. . . . Let's have some more wine."

At a gulp he swallowed another quarter of a pint of Red Lizzie and muttered, "I need the carbohydrates," and I remarked, "It must have been a formidable operation, getting 40,000 people off the ground."

"It caused some disturbance in the atmosphere around Lake Baikal, in 1908," he said, with a shrug, "and left a scar in the rock——"

"But that was the famous Siberian meteorite!"

"Your famous Siberian granny, sir! Why leap to the conclusion, on hearing a bang and seeing a hole in the ground, that it is the result of an impact—that it has been knocked in rather than pulled *out*? When one travels by empathy, a little of the place on which one is standing comes away, too, necessarily. Forty thousand people taking off simultaneously made something of a pockmark, of course."

"'Travel by empathy,'" I said. "That I don't understand."

"I couldn't expect you to, because there are simply no words in any language I know—except Bvénisi—to explain. How shall I put it?" said Jackson. "An empathic bending of the transcendental? Does that convey it?"

"No, I can't say it does."

"Candidly, it doesn't to me, either. . . . Hey, you, man! Some more Red Lizzie, please."

"Allow me to ask," I said, "if that strange diagram you constantly draw on the pavement has any connection with transcendental empathy."

"It is not a diagram, it is an empathic appliance; it is, to one-dimensional conveyance—or teleportation—what the wheel is to a barrow."

"It makes a very handsome pattern, Mr. Jackson."

"Perhaps. But it is inaccurate. If it were accurate it would be invisible, and so would I."

"Invisible?"

"It would enable me to let go of this end of the distance between me and Bvénis, don't you see, for everybody holds both ends of any imaginable distance in his hand," Jackson replied. "And then I should be back

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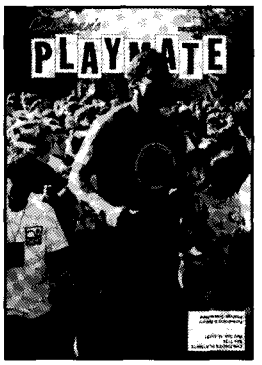

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with my people. But the combinations are literally infinite."

"I am surprised," I said, "that a man like you should be screeving on the pavement in Bloomsbury."

"But I am a man entirely without resources now," he said, "and where and how else in the world could I be provided with the level stone surface that is essential to me, together with uninterrupted working hours and a modest but steady supply of money for my maintenance?"

"It seems so fantastic," I said.

He drank yet another glass of Red Lizzie and asked, "But why? For thousands of years you have believed in mystical passes, secret gestures, magic circles and triangles to raise the devil. And this is fantastic?" He made a wry face and shuddered, then said, "Filthy drink! But it put my curves out of my head . . . and it is my only hope of remembering them back again."

"What will happen when your drawing is completely accurate? Will there be an explosion?"

"No," he said, "not an explosion, but an implosion followed by an emphatic *pop*. And I shall be home. May that day be soon. Let's drink to it."

"And there's the long and short of it," said Detective-Inspector Shropsall, having taken me to a teashop and treated me to breakfast. "Jackson was taken into Tottenham Court Road police station, shouting his head off, 'I've got it, I've got it!' Got what, I wonder. Any idea?" he asked.

"Not a clue," I said.

"He was searched, and relieved of seventeen shillings in silver and seven-pence-ha'penny in bronze, a blunt jackknife, a tin of chalks, and a handkerchief. No papers, no matches. Locked up, he began to cry. The jailer, Butterworth, a goodhearted fellow and very popular, brought him a mug of tea and a slice of bread and marge, and told him to try and get a good night's sleep. Butterworth says Jackson had a bit of chalk which must have been overlooked, and was screeving on the cell floor.

"Butterworth warned him, 'Make a mess there and you'll have to swab it up,' but he says Jackson only laughed and said, 'I've got it, I've got it.' At 2 a.m. he was still making patterns on the floor—that kind of zinnia, or whatever it is. Then, at exactly 3:55 a.m., there was a kind of explosion—

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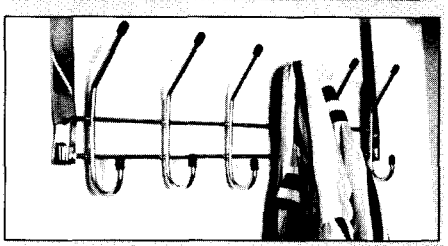

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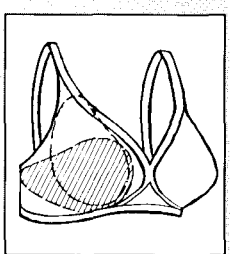

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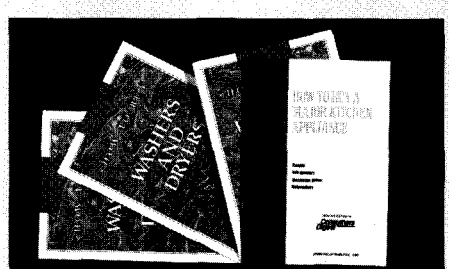

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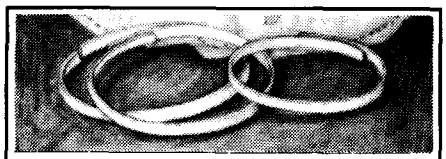

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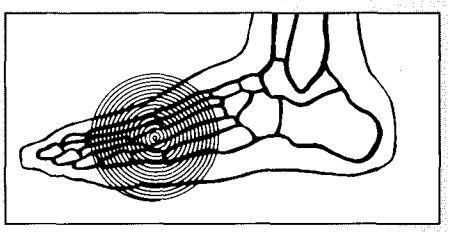

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just like pulling an enormous great cork, I'm told, and a shower of plaster and small rubble."

I said, "Yes?"

"If you can throw any light on this at all, we'd appreciate it. And while we're on it, I'd take it as a personal favor if you just sort of kept this under your hat for the moment. The cell was still locked, of course, and nothing was disturbed; except that there was a shallow circular hole just under two feet in diameter in the floor, and other holes of the same size going straight through all the other floors right up to—and through—the roof."

"And Jackson?"

"Gone. Vanished. And there's going to be hell to pay on account of the damage done to the property, and no way of explaining it that anybody can think of. So if you can give us any lead. . . ."

"Considering the quantities of Red Lizzie that Jackson put away, could it have been spontaneous combustion?"

"Is that the best you can do?"

"If I think of anything else more rational I'll let you know, Inspector. Could I have a look at the damage?"

"No. The station is being closed."

So, to the glee of the loiterers in the neighboring backwaters and the irrational satisfaction of Mr. Nash, the red-brick shell of Tottenham Court Road police station was put up for sale. I urged Busto to tender a bid for it, but he said, "I don' lika be conspicuous." Except for an occasional suicide, his tenants gave Shropsall no further occasion to inquire for them in my time.

Golf Sensational

continued from page 53

parties for tour club members and sponsors to attract attention. Each tournament would hold a pro-am "draw" party Tuesday followed by nightly parties for club members and sponsors Thursday through Saturday. "The members and pro-am players loved the participation because the regular tour players didn't do that," Goalby says. "But in order to make the Senior Tour survive, we knew that it had to be done. If somebody didn't show up, we pushed the guy to make him come."

The presence of players like Boros and Sam Snead and the addition of Arnold Palmer helped to push the growth of the Senior Tour along.

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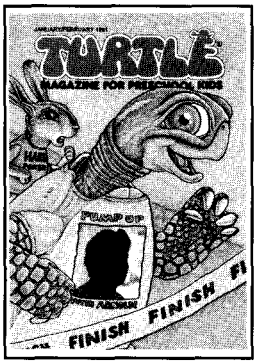

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January's tour-leading winnings increased to $237,571 in 1983 and $328,597 in 1984. "The whole country in the '80s was in a mood of nostalgia," January says. "Many young golfers had read about Snead and Boros and Palmer in their golf manuals but had never seen them swing in person. And when our galleries got good, I was surprised that it wasn't all old people. A good number of them—probably half of them—are much younger."

The presence of Palmer, who January says "continues to attract some of the largest, most enthusiastic galleries in golf," helped attract corporate sponsors, which have been essential to the Senior Tour's growth and success. For example, the year before Bell Atlantic took over as its title sponsor, the Philadelphia Senior Tour event made $75,000. The total jumped to $300,000 the following year.

Tournaments this year have names like Royal Caribbean, MONY, Chrysler, Fuji, Liberty Mutual, Mazda, and New York Life attached to them. The Cadillac Motor Car Division is now in its second year of a three-year umbrella sponsorship of the Senior Tour.

"I think it's an absolute natural for corporate sponsors," says Trevino. "If you're going to entertain your guests or customers, how do you do it? You don't bring hockey players in and have a hockey game. They don't play touch football. What do baseball, football, basketball, and hockey players do when they quit playing their sport? They play golf!"

Ironically, a lack of sponsor interest was given as the reason an "over-40" tour Trevino tried to set up in 1982 never got off the ground. "We actually searched for a corporate sponsor for an over-40 tour, but we were unsuccessful," PGA commissioner Deane Beman says. "There really were not enough players to make it go. Many (over 40) players were still competitive on the regular tour." Trevino was one of them, winning his second PGA Championship two years later at the age of 44.

Like the early days, the over-50 players of the Senior Tour still warm up the tournament sponsors and corporate community with a pro-am tournament, usually on Thursday, the day before the first round. Each foursome consists of a professional and three local amateurs who usually have paid handsomely to rub elbows with a "name" player and help sponsor the event for the benefit of a local charity. The atmosphere is strictly low-key, and it is not uncommon for players after they have completed their rounds of golf to linger at the hospitality tent, socialize with sponsors, and shake hands with fans.

"In my experience with the Senior Tour I've seen a certain camaraderie that you don't see all the time in sports," says Mary Ann Saleski, who runs the Bell Atlantic Classic in Philadelphia. "The Senior Tour pros are generally more receptive to everything. This is like a second life for them. Sure, they're competitive, but yet they've already proven themselves somewhat. They understand the importance of sponsor relationships and they work hard at it."

With all of the glittering marquee names of the '60s and '70s now playing the Senior Tour, some observers see the possibility of it becoming more popular than the regular PGA tour—especially if Nicklaus decides to increase the handful of appearances

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he has made with the over-50 set since becoming eligible in 1990. The Golden Bear just may do that after picking up $279,000—the biggest paycheck of his legendary career—by sinking a 40-foot putt to beat Gary Player at the Senior Skins game in Hawaii.

"There's a lot of talk that this tour could grow more rapidly and could be as big as the other tour," Crampton says. "Realistically, though, I think the progress has got to slow down a little bit. I don't think it can expand in the next nine years to the degree it has expanded since 1980. I don't think that it will ever replace the regular tour. I think that the Senior Tour has found its little niche in the golfing scene here in the United States and, for that matter, worldwide."

Dave Stockton and Jim Colbert will be eligible this year to play the Senior Tour, while Raymond Floyd, Tom Weiskopf, and Isao Aoki can join in 1992. "They will be tough to beat," Trevino says. "Floyd will make a *big* impact. He will be a very mean machine."

Downs of ABC doubts, however, that any player soon to enter the Senior Tour will have much of an impact. "The big players on the Senior Tour don't play as often, the events are not as prestigious, and there's a real healthy respect for the regular tour," Downs says. "And you know, there aren't too many people out there who would propose that Arnold Palmer is better than Curtis Strange."

House

continued from page 49

We got . . . oh, it must have been at least five miles (the odometer didn't work), and no family provider ever looked into the rearview mirror upon a homier scene. There was Michael on the bed improving his mind with a comic book; Nikki on the bed trying to get her doll away from the dog; and dear wife, still clinging to her fantasy of reaching Mexico City, on the bed with her arsenal of maps, brochures, charts, and our itinerary, which now included the Mardi Gras on the way and Grand Canyon coming back. If you're going to Mars, why not take in the moon on the way?

So much for domestic tranquility. The minute I heard the explosion and felt the Thing lurch toward the ditch, with quick thinking I said to myself, "Something's wrong!" As it was, the right rear had been the first to celebrate the tires' silver anniversary with a bang. And what the family provider looked back on now were two screaming kids, one howling mutt, and one wife staring wild-eyed at a "living room" floor where pots, pans, and

crockery rose out of a sea of catsup, mustard, mayonnaise, cereal, no-minute eggs, and uncanned peaches.

Tying Cookie to the back bumper of our house by the side of the road, we flagged a bus to Tampa. Bought a truck tire and corresponding tube. Arrived home in the dark. Discovered that Cookie had somehow found the fiberboard back panel edible and had edibled a hole large enough to squeeze through and was sweetly asleep on the bed. (The reason we reserved punishment was because his diet of late had consisted mainly of canned peaches, convincing us that a dog that won't eat canned peaches can't be very hungry.)

A phone call the next morning brought Abe Martin to the scene. And with all the enthusiasm of a sailor with a salmon can bailing out a torpedoed battleship, he mounted the truck tire on our cringing 2½-inch rim.

"You let 'er down," he said, backing away. "I'll see how she looks from over here."

So I let 'er down . . . and down . . . and down. When the tire reached a dimension of 2 inches high and 12 wide, I joined Art.

"Maynard, you won't get 50 miles with that setup. I hate to take your money," he said, taking my money.

The Firestone people in Tampa, where we replaced the left rear, were not this optimistic. "You won't get out of town, man," was their somber prediction. When I arrogantly informed them that we had already traveled 40 miles on the other truck tire, you'd have thought from their reaction that I had paddled a canoe across the Pacific.

Once safely past the city limits, I still drove like a man expecting to be served with a subpoena. After another ten miles I began breathing out as well as in. Before long I was accepting the growl of the transmission, the rattle of the fan, and the rhythmic grinding from the rear end much as the owner of a stationary house accepts a banging shutter or dripping faucet. By the time we hissed, rattled, and banged through Tarpon Springs I no longer worried about the various rackets. What now concerned me was that a member of this cacophonous chorus would suddenly quit making noise.

What quit first turned out to be one of the 2½-inch rims; the poor thing was split down the center by the truck tire bully.

With night approaching, as night often does in the South, we were desperate to find something to block up the axle, as I had nothing but a bumper jack to raise this Smithsonian refugee on wheels. Blocking material not being indigenous to Florida roadsides at that time, a weed-infested cemetary half a mile down the road left me no choice. I hoped that in the gloom the fat-cat tourists whizzing past wouldn't notice the "WILLING ELIJAH JOHNSON/December 6,

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1851— October 11, 1909" inscription on the prop holding up the right rear section of our bedroom. (Let me hastily add that I replaced the prop straighter, and with fewer weeds than I found it.)

Hitchhikers carrying signs along Route 19 traditionally were looking for a ride to "NEW ORLEANS" or "TAMPA." I would be carrying a rim, after every leg of 50 miles or so, looking for a welder. And welders were no more indigenous to Florida than was blocking material.

How we made it to Tallahassee remains a 20th century miracle. Here, the transmission decided to have some fun by switching gears; shove it into first and it might go into high, or more sporting yet, into reverse. For this reason, among others, we parked on the outskirts of the city, hoping to go through before the morning traffic.

But we started late. And it was raining. And the cab roof leaked. And our appearance was further impaired by the pans over our heads, their handles fastened in the rolled-up windows. And we hit the very center of the city, complete with traffic lights and eagle-eyed policeman, at the height of rush-hour pedestrian traffic.

Where we got off on the wrong foot was in not lurching to a stop until the Thing, with radiator faithfully shooting off steam, straddled the crosswalk. This left pedestrians the choice of crossing in front or behind. I wished later I had opened the side door and charged them to go through and see how the other half lived.

With the light finally changed, the already irate policeman waved me through. What happened then had to do with our sleeping arrangements: parents on the full-size bed, Michael on a cot in the aisle, and for Nikki we unbolted the front seat and turned it around so she would be a part of the converted bedroom. In our haste on this particular morning, however, in turning the front seat back to its original position, we had forgotten to anchor it by sliding in the bolts.

Shifting into reverse, the Thing leaped forward, the seat and I went over backwards, with me lucky enough to catch the steering wheel with my toes. So once again our house remained by the side of the street until I could convince the Tallahassee police that I wasn't trying to be smart by driving past an officer with my feet holding the wheel.

The distance between Tallahassee and New Orleans on that particular highway was 404 miles. Divide 404 by 50, the approximate distance we went between rim splittings, and you can understand why I begged for a week in New Orleans to allow my back to straighten and skin to reform over my knuckles. Leaving New Orleans, by a vote of one to one (the kids abstaining), we turned north, my argument being I'd rather try to nurse the Thing back to Michigan than risk this top-heavy fossilized crate on the mountains of Mexico.

For all of the dismal miles on that leg home, we did experience one highlight to lift our spirits: we actually passed another vehicle. As we continued to gain on our prey and the kids began yelling encouragement, I "put my foot in the carburetor," as they say at the Indy track. And by the time we went belching past in a cloud of steam and black smoke, we must have been hitting at least 35 miles per hour. The fact that the other vehicle turned out to be an off-the-road stump-puller did little to tarnish our high spirits. But our spirits would be tarnished soon enough.

Rates on the front of this ramshackle toll booth read:

Trucks.....60¢.
Buses.....50¢.
Cars with trailers.....40¢.
Cars.....25¢.

A ramshackle attendant came out, peered through the smoke and steam, walked around the Thing, came up to my open window scratching his head and said, "I sure don't know what to call it, son—how about giving me fifteen cents?"

Homecoming would prove to be even less uplifting. My dear wife's mother, upon hearing the Thing cachunking up the driveway, came rushing out to view the accident. When she saw her loved ones emerge from this—this "motorized monstrosity," as she would label it—we had quite a time keeping her from falling. And being president of the local chapter of the Women's Christian Temperance Union, she had not more than recovered when Cookie came staggering out the side door drunker

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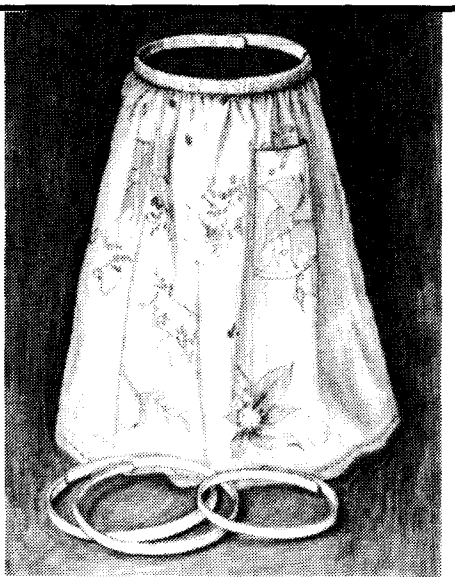

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HOW TO SENSE CAR TROUBLES

By keeping your ears open and using your sense of smell you can avoid those unpleasant surprises of a stalled car on the highway.

by Lyn St. James

Car trouble can strike anyone, anywhere, at any time. And although the days of simple, easily-repaired vehicles are long and forever gone, a little common-sense knowledge can go a long way toward lessening your chances of being stuck alongside the highway.

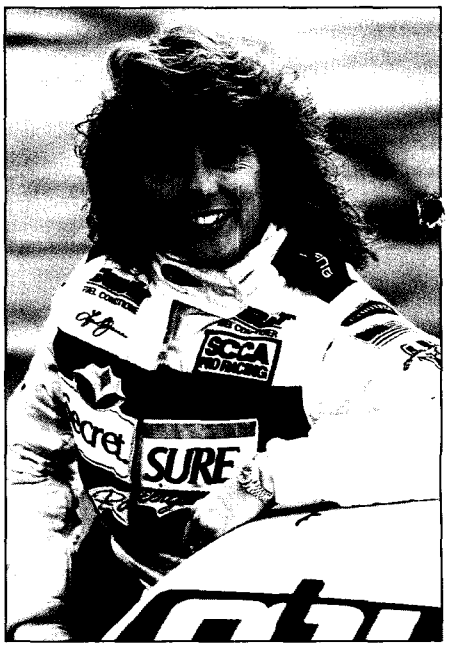
More often than not, your vehicle will give you plenty of warning signals when trouble is brewing. The trick is to recognize those signals and get the proper help as quickly as possible—before a little problem turns into a major breakdown.

Usually, the warnings come in the language of peculiar sounds, smells, and visual clues. But don't panic. You don't have to know exactly what's wrong. If you simply know what's normal, then you'll know when you see, hear, or smell something different. Then it's a small step to describe those sounds and smells to the expert.

A good place to begin is with the fluids. Under normal conditions they don't leak, so if there's a puddle left behind underneath your vehicle, investigate the source. If you are unsure whether the leak came from your vehicle or another, place a clean piece of poster board or cardboard underneath the car overnight. If it is your vehicle that is losing fluid, there are several possibilites of its origin.

Engine oil is light brown when it's clean and black when it's not. A drop on your finger will feel slippery and smell like sewing machine oil. Transmission oil is red and feels thicker than engine oil. When either is burned, which indicates *real* trouble, it produces a nasty, acrid odor which will cause your nasal passages to recoil in horror. Transmission fluid is the more offensive of the two, but both are among the worst smells you can imagine—somewhere in between a burning toxic waste dump and an overcrowded feed lot. You don't ever want to smell burned oil, but if you do, go immediately to your mechanic.

With a working knowledge of a car's basic systems, you needn't be intimidated by the maze of hoses, wires, and tubes you find when you open the hood.



Lyn St. James holds the woman's national closed-course speed record for auto racing. She is the author of "Lyn St. James Car Owner's Manual," a consumer adviser to Ford Motor Company, and president of the Women's Sports Foundation.

Radiator coolant is green with the consistency of slimy water. It is usually accompanied initially by a hissing noise (if the leak is caused by a hole in a hose) and/or a cloud of steam (if the hose has burst). The smell is that of wet, steamy, rusty metal. If the noise is a minor hissing, you can *probably* continue on to the first service opportunity, but keep a close watch for any signs of overheating. If the engine overheats, or if the hose has burst, shut down the engine to prevent further damage. Be aware, however, that water from condensation with the air conditioner is normal; it is generally clear water.

Squeals come in two major varieties and two minor ones, and although they should develop slowly enough to

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give you failure warning, all should be investigated as soon as possible.

A grinding squeal from under the hood when you turn the steering wheel as far as it will go in either direction means your power steering pump is low on fluid. This is not an emergency, but have a mechanic top it up as soon as possible to avoid possible damage. The task can't take more than a minute.

If you hear a medium high pitched squeal from under the hood which changes pitch as the engine speed increases, you probably have a worn belt. The squeal, which sounds like rubber slipping against metal, may be loudest when you first start the car, then diminish somewhat as the engine warms. You need not stop immediately, but have the belts replaced at your first opportunity. Otherwise, they are liable to break.

Belts can also break suddenly without any warning squeals. If that happens, it will sound like a rubber hose beating violently against the inside of the hood until the belt falls away completely. Unless you can identify without a doubt that the broken belt powers only the air-conditioner, do not continue driving. If you do, the warning lights on the dashboard will light up like a Christmas tree, indicating overheating which could cause significant engine damage.

The second major class of squeals comes from the area of the wheels. These will develop over a longer period of time than those from the engine compartment, normally giving weeks or even months of warning from their initial onset. Be careful not to become so used to them that you ignore them altogether.

The two varieties of wheel squeals are easy to distinguish. If the squeal occurs when the car is moving, it is most likely the wheel bearings. If the squeal occurs when you apply the brakes, you probably have a brake problem. Wheel bearing squeals indicate that normal service is necessary, so have them checked at the next routine service interval.

Brake squeals may or may not indicate a big problem, but describe the sound to your mechanic as soon as possible. If you've neglected replacing the brake padding material, you will sooner or later hear a metal-to-metal scraping. That sound calls for immediate attention, because the metal-to-metal scraping sound means the brake pads are completely worn out.

While your car will have mechanical failures which won't serve notice before striking, most problems will give you plenty of warning. If you are aware of your vehicle's normal sounds, then it can tell you what is wrong through abnormal sounds, smells, and visual clues. Simply paying attention can drastically reduce your chances of being stranded by the side of the road, which is worth all the avoidance you can muster.

And remember, buckle up!

Glove Compartment Guide to Car Problems

Noises	**Cause or Solution**
✽ Pings and knocks	Higher octane fuel, timing adjustment, tune-up.
✽ Squealing during braking	Brake linings are worn and need replacing.
✽ Clicking from engine	Low pressure. Check oil level and oil pump.
✽ Popping from exhaust	Fouled spark plugs or faulty ignition wires need replacing.
✽ Popping or roar during acceleration	Check exhaust system for damage.
✽ Coughing or sputtering	Check for possible clogged fuel filter, faulty fuel pump or stuck choke.
✽ Hissing from the engine	Check for loss of coolant or loose radiator hose.
Visual signs	
✽ Green fluid under car	Radiator coolant is leaking.
✽ Brown fluid under car	Oil is leaking, check seals, fittings or gaskets.
✽ Black grease under car	Check rear axles for leaks.
✽ Red fluid under car	Transmission or power steering fluid is leaking.
Smells	
✽ Steamy metalic odor	Burst radiator or heater hose.
✽ Acrid, burning odor	Burning oil or transmission fluid. See mechanic immediately.
Handling	
✽ Brake fades (stopping action seems to decrease)	Brake fluid overheating. Pump brakes rather than step hard.
✽ Brake pedal is low	Possible worn brake linings or pads or a leak in break fluid lines.
✽ Steering is difficult	Check for low power-steering fluid.
✽ Car pulls to one side	Pressure in one tire may be low, or if not, needs alignment.
✽ Vibration (whole car shakes)	Could be out-of-balance wheels or poorly tuned engine.
Engine Response	
✽ Cuts out (complete loss of power, usually during heavy acceleration)	Check carburetor, fuel pump, fuel filter, and ignition spark.
✽ Hesitates (while accelerating or during a stop)	Check carburetor, adjust air-fuel mixture.
✽ Misses (pulses or jerks with changes in speed)	Spark plugs need replacing.

From Lyn St. James Car Owner's Manual

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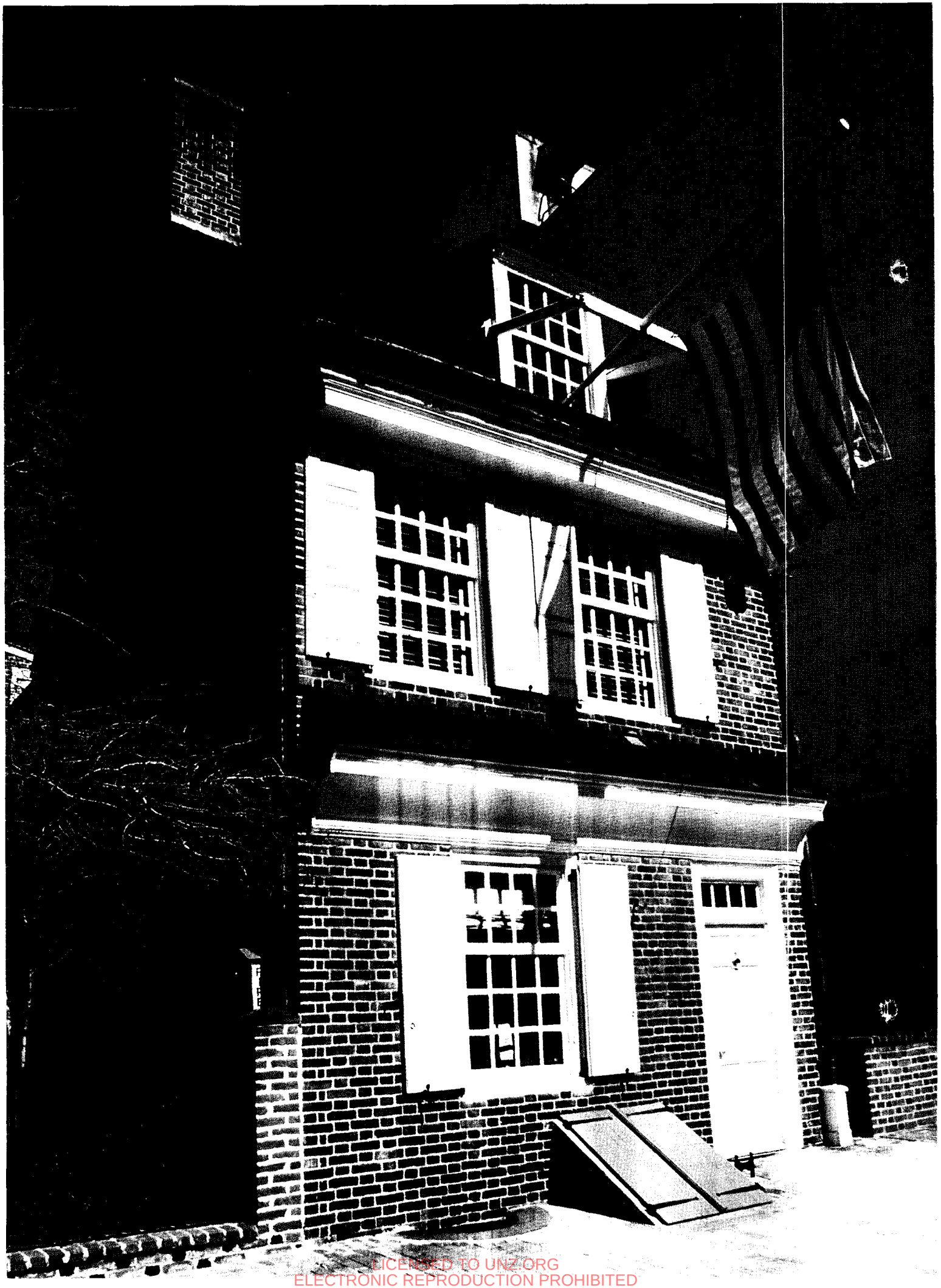

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Flag-Waving PHILLY

With patriotism running high, the City of Brotherly Love plans a star-spangled banner year to mark the 200th anniversary of the Bill of Rights.

By Carolyn Hughes Crowley

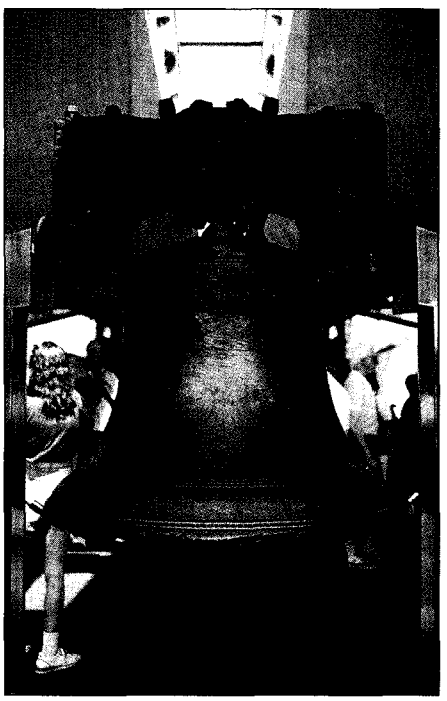
The City of Brotherly Love celebrates freedom of expression this year with special events and exhibits in honor of the 200th anniversary of the ratification of the Bill of Rights, the first ten amendments of the U.S. Constitution, and the most comprehensive protection of individual freedom ever written. It guarantees freedom of religion, speech, the press, the right of assembly, and other basic liberties we take for granted.

The 55 delegates from 12 states who met in Philadelphia 200 years ago weren't sure of the need for a Bill of Rights in the federal Constitution because most states had their own. But when the Constitution went to the states for ratification, popular demand for more individual liberties was so great that the Bill of Rights became part of the Constitution in 1791.

Pennsylvania can't display its copy of the Bill of Rights because somehow inexplicably in the last 200 years the state lost its single-page parchment, 28½ inches by 28¼ inches, inscribed by hand with a quill pen and signed by Vice President John Adams, which President Washington dispatched October 4, 1790, to Pennsylvania for ratification.

One of the most important and valuable documents in American history is now missing. However, Pennsylvania did retain its original copy of its response to the request to vote on the Bill of Rights. So visitors can instead see this document, along with an original copy of the Bill of Rights from Delaware, at Old City Hall in

The Betsy Ross House is a short meander from Penn's Landing, now transformed into a riverfront park.



"America's most historic square mile" is home to two treasures—the Liberty Bell and Independence Hall.

Philadelphia's Independence National Historical Park, called "America's most historic square mile." Two Continental Congresses, the Constitutional Convention, and the First Congress of the United States of America all met here, and the Declaration of Independence was drafted, signed, and proclaimed here.

Also at the Independence National Historical Park is the Promise of Permanency, a state-of-the-art interactive computer exhibit examining Bill of Rights issues and constitutional milestones. This five-year exhibit runs through 1992.

America's first zoo, the 42-acre, 117-year-old Philadelphia Zoo tucked into West Fairmount Park, celebrates Freedom of Expression Weekend April 27-28. This participatory festival is a tribute to the First Amendment and invites children to build a flag sculpture, paint a Freedom of Expression mural, and hop on a soapbox to tell it as it is for youngsters.

Other activities include poetry at the Reptile House, a cartoon exhibit at the Rare Animal House, demonstrations of animal expressions at the Children's Zoo, music, face painting, postcard making, and a Thomas Jefferson puppet show. Kids can talk to costumed Bill of Rights framers who will be wandering around.

Zoo president Bill Donaldson, who kept a 300-animal menagerie in his backyard while he was growing up, has bettered the zoo considerably since its run-down days in the 1970s. Today it is home to 1,700 birds, mammals, reptiles, and amphibians from around the world. The new one-acre primate exhibit allows gorillas, gibbons, orangutans, mandrills, and ring-tailed lemurs to live outside on four naturally planted islands. Visitors are separated from the animals only by moats so they can see the families of animals interacting with each other as they would in the wild.

The spectacular educational children's exhibit, The Treehouse, explores six larger-than-life simulated habitats. Here kids climb a giant beehive, hatch from an egg, ride a prehistoric dinosaur, emerge from a cocoon, crawl through an oversized honeycomb, investigate life inside a blossom, and climb through a four-story ficus tree.

In the Jungle Bird Walk visitors walk among free-flying birds and 100 imported plant species. In the two-

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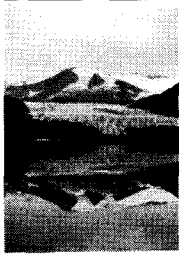

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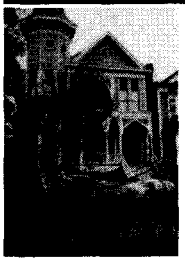

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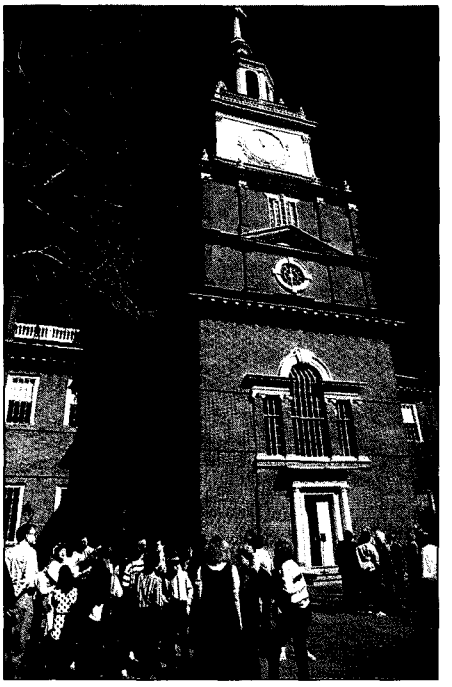
acre Children's Zoo kids pet and feed baby zoo and farm animals, ride ponies, and watch sea lions swim for their fish dinners during feeding demonstrations. The roofed, open-sided cars of the Safari Monorail offer a 20-minute ride with recorded commentary and sound effects and a different visual perspective of the zoological garden complex.

"A Thomas Jefferson" look-alike occasionally hands out free souvenir nickels on information cards at the world's largest mint, which covers three city blocks. The U.S. Mint turns out 1.6 million coins every hour. On a self-guided walk that winds around the gallery overlooking the work areas, you can watch the coinage process, which involves melting raw material, rolling it to coin thinness, punching out blanks from these sheets, and pressing designs on them. After the coins are finished, a counting machine automatically sews lots of 5,000 into bags. No samples are given during this factory tour, unfortunately.



Built as Pennsylvania's State House, Independence Hall is within steps of Ben Franklin's printing office.

Themed exhibits, activities, plays, and a multicultural summer festival for kids honor the Bill of Rights at the Please Touch Museum. The only U.S. museum designed specifically for children seven and younger, it features educational programming on the arts, sciences, and humanities. Here children can look, crawl, climb, explore, discover, pretend, imagine, remember, reflect, and talk.

In the Health Care Centers children can be nurses, doctors, or patients. The fully stocked shelves in the Corner Store let kids play clerk and customer, weighing produce and ringing up merchandise at the cash register. Children can watch and pet small animals at the Nature Center. The theater features mime, storytelling, puppetry, dance, music, and films.

Also, the museum is displaying a nine-foot Liberty Bell model made from Legos.

A New Jersey social worker at the museum with her four-year-old daughter said, "This museum lets children tap into their imaginations, allowing them to participate in activities they wouldn't normally be allowed to experience. I always have fun when they do. I like touching things, too."

The Franklin Institute Science Museum's new Musser Choices Forum is a high-tech auditorium equipped with individual computer keypads for voting, and it also features freedom of expression issues related to science.

The Franklin Institute is the country's first hands-on science center. Its exhibits cover energy, motion, sound, physics, astronomy, aviation, ships, mechanics, electricity, and time.

Here visitors can trace the route of a corpuscle as they walk through an artificial heart, 15,000 times life-size, listening to heartbeats and explanations; ride eight feet forward and backward on a 350-ton, 101-foot long Baldwin steam locomotive; and sit in the cockpit of a T-33 airplane. In the energy hall a toddler can move a 500-pound block with pulleys. The Discovery Theater features liquid air.

The museum's newest section is the $72 million Futures Center, eight permanent exhibits examining the science and technology that are shaping the 21st century: FutureVision, FutureComputers, FutureEarth, FutureHealth, FutureEnergy, FutureMaterials, FutureSpace, and The Future and You.

In FutureHealth a computer camera will age you 25 years, and you can watch a video of a total hip replacement operation on a 73-year-old woman who suffered from osteoarthritis (degenerative joint disease). An electric knife makes the incision.

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Watch a Futures Center staff member demonstrate the principles of a laser scalpel by cutting up fruit in the Cutting Edge Gallery. Visitors also can see a 30-foot by 30-foot human cell enlarged one million times, pulsing with the sounds and sights of micro-life.

The largest exhibit in the Futures Center, FutureSpace, lets you climb aboard, explore, and feel what it might be like to live and work in a space vehicle. The Future and You shows a creative solution to overcrowding, Alice City, an underground city the Japanese say will support 100,000 people 500 feet below the ground.

continued on page 91

Tour to Take

On an old-fashioned American Trolley Tours' trolley-bus in 2½ hours, visit, among others, The Liberty Bell, Independence Hall, Congress Hall, Betsy Ross's House, Elfreth's Alley, and Franklin Court. Call (215) 925-4567.

Where to Stay

The Latham at 17th and Walnut Streets in Center City (very expensive); Quality Inn Historic Downtown Suites in Chinatown, where every suite has a kitchen, moderately priced.

Where to Eat

The Dickens Inn, a typical English inn with period furnishings imported from the celebrated Dickens Inn by the Tower of London; Bogart's in the Latham, expensive, for modern American and Continental cuisine; Victor Café, where waiters and waitresses are opera students or professional opera singers and every 15 minutes someone sings an aria, for northern Italian cuisine; Old Original Bookbinder's, 125 years old, seating 1,000, for seafood, expensive; Ransom Street Oyster House, moderately priced, for seafood and peanut butter pie with chocolate; Mace's Crossing, in an 1895 carriage house near the museums; Le Bus near the University of Pennsylvania in a row house, inexpensive.

Where to Shop

The 200 stores at Franklin Mills, the East Coast's largest value mall with discount stores, in northeast Philadelphia on Route 95.

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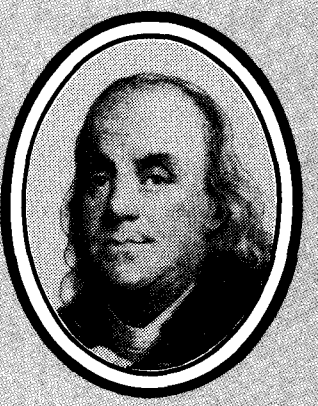
While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.



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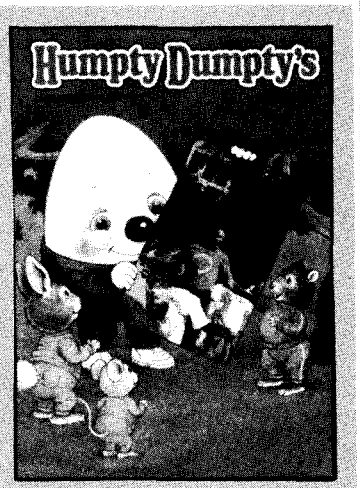

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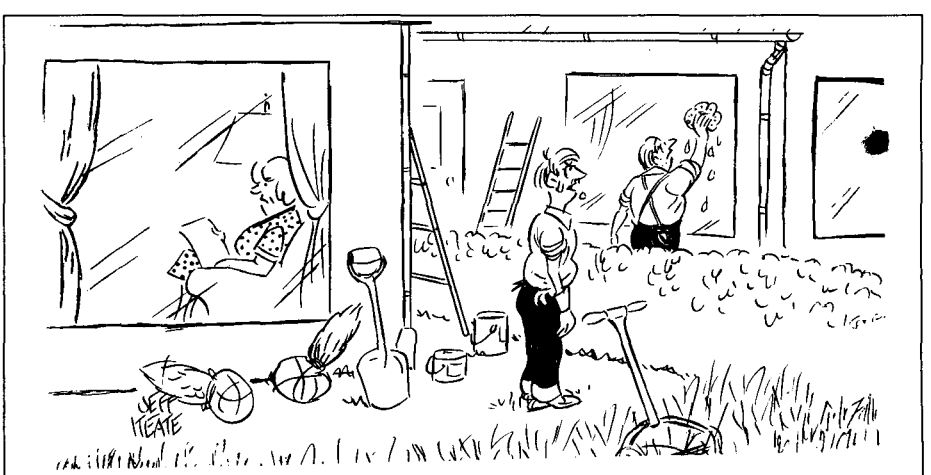

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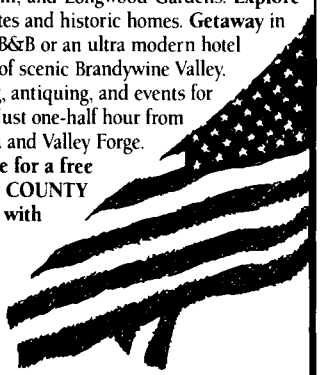

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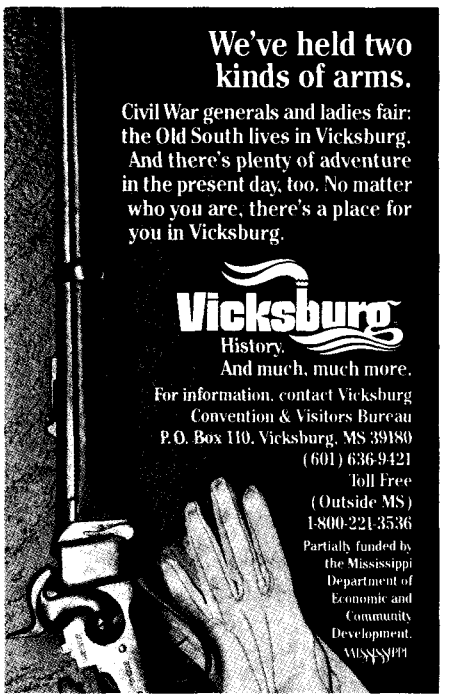
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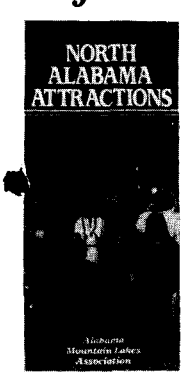

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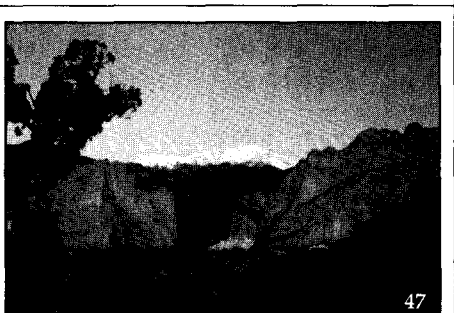

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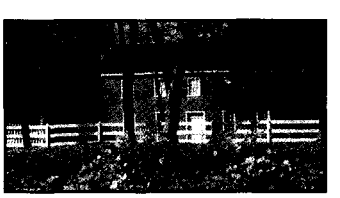

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TUGBOAT ANNIE'S HOT CARGO

By Norman Reilly Raine

Synopsis: *Capt. Horatio Bullwinkle of the* Salamander *used devious means to abscond with a lucrative, dangerous cargo that was supposed to be towed by Tugboat Annie's* Narcissus. *As Bullwinkle left with the barge of radioactive waste from the new Williwaw Island Atomic Power Plant, Tugboat Annie only could sit and steam over the loss of her cargo and of her ship's fuel, which Bullwinkle had siphoned before the trip. The* Salamander *seemed to be on its way home, until trouble struck.*

"What trouble?" Already Annie was out of her bunk and grabbing her clothes.

"Bullwinkle hit something in the pass—probably a deadhead from a log spill. His propeller's jammed against the rudder, and him and the barge are driftin' down out of control!"

"Oh, brother!" Only half-dressed, Annie opened the door. "How'd ye find out?"

"I was still at the set trying to raise Port Chilkat when I caught his SOS. He's been calling the Coast Guard, Navy, shipping—anybody he can reach!"

"Can ye raise him on the radiophone? If not, keep tryin'! That barge is murder! He's got to cut it adrift! Make him see that, Clem! He's too dumb to realize——"

But Clem already was running back to the radio shack; so, quickly finishing dressing, Annie roused Peter and Big Sam, then shook Pinto, the cook, awake and ordered him to bring sandwiches and coffee to the messroom, where she had told the others to meet.

"If this ain't a bind, Annie," groaned Big Sam. "Wi' full tanks we could overtake 'em before they got out o' the pass an' tow 'em clear. But ya can't run diesels on hot air—an' that's all that skunk Bullwinkle left us. I'm tellin' ya—if any man ever deserved this, though——"

"It ain't on'y him, Sam," Annie pointed out somberly. "They's six others on that tug wid him. An' even if they git outta the pass safe, there's still Crescent Reef!"

"Yeah—I was thinkin' about that, too, Annie!" said Peter.

"Crescent Reef?" Big Sam asked.

"It's a big two-mile string o' half-submerged rocks off the end o' the Totem-pole Pass," Annie told him. "An' heavy surf breaks over 'em even when the sea's flat. If they hit that, an' the barge explodes, all them containers——"

She broke off as Clem pounded along the deck and opened the door. "Coast Guard's broadcasting a general Menace to Navigation alarm to all shipping to stay clear of the pass and the approaches," he approached. "And a cutter's leaving Petersburg——"

"That's more'n 200 miles!" Peter rumbled.

"——and a Canadian destroyer from Prince Rupert," Clem finished.

"All that engine power an' speed," said Big Sam harshly. "And it ain't worth what one tankful of oil would be to us! Any kind of oil, almost, that could burn! An' here we sit—the on'y ones near enough to help—as useless as fish out o' water."

"Sam!" Annie's voice was tense. "What ye said jest now about any kinda oil. Would that go fer—fer fish-liver oil?"

"Why—why, yes, I guess so," Big Sam replied. "In fact, I read someplace where a Scotch trawler with a hold full of it run out o' fuel in bad weather an' used it to get home on."

"A diesel trawler?" asked Annie quickly.

"Yeah—it was. Cost him about $1,200—it's pretty expensive stuff—but in a North Sea winter without fuel I guess it was worth it. Why d'ye ask, Annie?"

"Oh, nothin'," Annie said bitterly now. "Jest an idear I had what can't be made to work when we're stuck here, not able to move, anyway. Clem, git back up an' keep tryin' till ye git through to Bullwinkle. Or wait—here's Pinto wid the coffee. Ye kin take some up wid ye."

"Well, at least the galley range is burnin'," Peter grunted. "Good thing the tank's so small, or Bullwinkle might ha' drained that one too. Sam, if ya're through wi' the sugar—"

There was a crash, and they swung around, staring.

"It was me!" said Annie, on her feet and mopping coffee from her front. And again her blue eyes were ablaze. "I dropped me cup—an' who cares! Sam, I'm a fool not to think of it afore! But if the galley fuel was in yer bunkers, would there be enough to

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take us three or four miles?"

"Just about, Annie. But what good——"

"Never mind that!" she yelled triumphantly. "Transfer it! Siphon it! Whatever ye hafta do! Git goin', quick! Peter, kick Hank an' Shif'less up on deck and raise the hook, then hustle up to the wheelhouse!"

"But—but what for, Annie?" Peter stammered, dumbfounded. "Where are we go——"

"To Deep Cove, o' course! Where else?" Annie, a sparking dynamo now, shoved them impatiently toward the door. "Come on! Come on! Shake the ballast out! What the blue-starred h--- we waitin' fer?"

• • •

It was daybreak when the *Narcissus*, at top speed, raced into Totem-pole Pass, with Peter, who was at the wheel, taking expert advantage of every current and eddy. Anxiety had been heightened when, just before leaving the anchorage, Clem finally had reached the *Salamander* with Annie's urgent plea to cut the barge adrift; but in mid-speech Mr. Bullwinkle's static-garbled reply abruptly had ceased, and nothing further had been heard. So a tense and constant watch was maintained on the waters ahead.

Then as the *Narcissus* rounded a jutting bluff two-thirds of the way through, Hank yelled and pointed from the top of the wheelhouse to where, about a half-mile ahead, the *Salamander* lay stranded, broadside to, on a tide-covered sandbar at the foot of a high, sheer precipice, with the sodden, frightened crew clustered dejectedly outside the galley, and the severed barge lines hanging raggedly overside.

At the jubilant shouts of his crew Mr. Bullwinkle scuttled quickly out on deck and stared at the rapidly approaching *Narcissus* as avidly as his men; but by the time she was within hailing distance he had assumed an indifferent, hands-in-pockets slouch against the housing and an expression of bovine vacuity.

Still moving fast, the *Narcissus* swung closer inshore, and Annie leaned over the rail. "Hi there, Robin Caruso!" she bawled. "See what tanglin' wid me gits ye—a wet behind an' a empty gut! So now how do ye like it?"

"Great—til you sprouted up," he replied indifferently.

"OK, I'll leave ye to enj'y it! An' if ye git fed up waitin', ye kin allus parlay yer monkey blood into a shinny up that cliff!" she gibed and, with a long whistle blast, the *Narcissus* swept on.

"Stupid arse never even axed where we got the fuel oil!" Annie snapped, incensed, to Peter. "But never mind—I'll leave no stone unthrowed to even up wid him when we get back."

"If we do get back, Annie," Peter amended bluntly—a chill reminder of what might lie ahead; for the barge could be piled up as the *Salamander* was, spreading a deadly atomic trap for them around any channel turn.

But nothing occurred; and less than an hour later the sparkling, sunlit blue of the seaward approach opened up, foamstreaked under the whip of the morning breeze, and with surf exploding in snowy thunder against the black fangs of the Crescent Reef five miles ahead.

With wind-blown hair and flapping skirt Annie braced herself on the heaving deck while, through powerful binoculars, her tired eyes anxiously searched the tumbling waste. Then she saw it—a bobbing shape deep in the curve of the far-flung reef, and drifting inexorably closer to the maelstrom of spouting surf.

Quickly she entered the wheelhouse to give Peter the course. "But if we foller her too far in, we could git the bottom tore out of us by one o' them submerged rocks," she told him grimly. "Ye—ye ain't sure you an' the boys is willin' to risk it?"

"Ya asked us before, Annie. We told ya," he said quietly. "Want to take the wheel now, while I go below and help Hank and Shiftless get the lines ready?"

Firmly her big, calloused fists gripped the spokes, and she headed toward where she had last seen the barge, the *Narcissus'* powerful bulk shouldering the seas away in fans of hissing foam, and rapidly the distance was closed. Then, smashing through the wild outer line of surf, the tug rose on the bottle-green spoke of a giant comber; and in seconds the boat was battling a mad, white chaos, with

"Bob, it's the sitter; she'd like the combination to the wall safe."

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roaring crests hurtling aft and flying high over the wheelhouse within which Annie, mastering the kicking wheel with iron hands, pitted the cunning of long years of experience against the savage fury of her ancient enemy, the sea.

With only an occasional glimpse of the wallowing barge she kept blindly on; and then suddenly the *Narcissus* was almost on top of it as it rose in the grip of a smoking crest, moving implacably toward a pinnacle of jagged, brine-sluiced rock less than a hundred yards away.

But in a split-second gamble with disaster Annie took her last chance and, when the rock's dripping bulk emerged from a trough, drove straight in. With pain-stabbed muscles and grinding teeth, her mastiff face a mask of indomitable determination, she spun the wheel hard over, wrenching her tug around, parallel with the barge's length. Taking a glancing collision as part of the risk, she then held unflinchingly to her position, which, for a few heart-stopping seconds, gave some measure of protection to Peter and the deck hands as they darted out from cover and threw the loop of a towline over one of the barge's towing bits.

For one terrifying moment the barge soared high above the *Narcissus'* rail with its cargo of potential death, of instantaneous oblivion. But with all the strength of her massive body Annie again jammed the wheel hard over and the tug sheered away. With the tug clear of the sinister white hell of the reef, the towing engine reeled out the hawser; then, with easy control, picked up the slack so that gradually the barge began to lurch around, then to follow as the *Narcissus* fought her way back to the sparkle of sunlight on blue water and the world of ships and men.

Pale and sweating and soaked to the skin, Peter stumbled into the wheelhouse. "Whe-ew! We'll never come closer'n that, Annie!" he gasped. "I just dunno how we ever made it."

"That's kinda silly, Peter," she replied quietly, kneading her cramped, numb fingers. "The Lord was on our side last night when He let us find that oil; so He sure as—as heck wasn't gonna let us down today! An' now"—she was all brisk business again—"whiles Pinto rassles up some breakfast we'll sashay out off soundin's an' dump that bargeload o' mistery like we set out to do. Then after that"—and she grinned complacently—"guess what?"

"Bullwinkle?"

"An' how! An' time I let that imitation Skylock offa the skillet he's gonna be flatter'n a poorhouse pancake!"

• • •

Back on the marooned *Salamander*, however, after the ebb tide had run out, Mr. Bullwinkle, assisted by the sardonically amused Jake, already had taken rueful stock of his position; for low tide revealed that, although the *Salamander*'s hull was intact, repair of the propeller and rudder would require being towed to a fully equipped ship repair yard, the nearest being nearly 200 miles away. Although the vessel had not struck hard, and probably would float free at high tide without help, because it lacked motive power this was a liability instead of an asset; for if she went adrift again she might pile up on a rock instead of sand—and, as Jake with some relish pointed out, with consequent total loss.

"So ya're gonna hafta depend on Annie, like it or not," said Jake with a grin.

"Yeah," Mr. Bullwinkle glumly agreed. "Guess that's right—if she's got enough fuel to get back here, that is. An' I'd shore as hell like to know where she got it! Anyway, if she takes the *Salamander* off an' tries to claim salvage——"

"After what you done to her last night?" Jake laughed shortly. "She won't just want a tooth for a tooth. She's gonna take yer whole bridgework. And there ain't a thing ya can——"

"Aw, shut up!" his employer snarled. "Go get lost. I gotta think!"

But contemplation of the bind he was in was so depressing, the prospect of coaxing or conning Annie into a mood short of total usury so bleak, that he stomped off to his cabin and tossed in uneasy slumber until, with the flood tide filling the pass, he was awakened by the raucous blare of the *Narcissus'* siren.

When, stumbling and bleary-eyed, Mr. Bullwinkle reached the deck, the tide already was lapping halfway up the *Salamander*'s hull, with her crew at the rail, staring eagerly at the rescuing *Narcissus* as she idled a few

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yards off, with Annie, grim-faced staring at them from the fantail. Quickly he decided that his wisest opening gambit would be the smiling face and friendly wave.

"Hello there, pal," he hailed jovially. "Fancy seein'—I mean," he amended hastily, "glad to see ya—glad to see ya!"

"Le's see how glad ye'll be when I git through wid ye," she responded to him impassively. "OK, you fellers," she addressed. "Get yer gear. I'm takin' ye off."

"Now wait a minute, Annie," Mr. Bullwinkle grieved. "All we need is yore towline an' a little pull!"

"Ain't nothin' in the book forces a vessel to save property. On'y lives," she told him curtly.

"But what about my *Salamander*?" he yelled desperately. "She's all I got! An' if the tide snatches her——"

Annie shrugged indifferently. "That ain't skin off my pachydermous. Come on, you guys. Git movin'!"

"But I'll pay ya good, pal! Honest!" he pleaded as they started away from the rail. "Please! Anythin' ya want, you name it!"

"What I want is to see you hung," said Annie. "Until then, this'll hafta do. So listen careful. I want double payment fer the oil ye swiped from me last night an' a full tank refill when we git in; fifteen hundred bucks to tow ye to Port Barry shipyard; an' double standard towin' rates fer the time ye made me lose. Them things is a must, so don't let's bandy no verbs."

"OK, OK, dear!" agreed Mr. Bullwinkle hastily. "An' now if ya'll heave us yer line——"

"I ain't through wid ye yet, ye butt-sprung ape," said Annie calmly. "There's one thing more ye got to pay me fer."

"Hold everythin', chum," Jake muttered quickly. "Here comes the salvage gouge."

And Mr. Bullwinkle, bracing himself to be meek, said, "An' what was that little thing, sweetheart?"

"The fish-liver oil," Annie told him, "what we stole to fill our fuel tanks wid last night in Deep Cove."

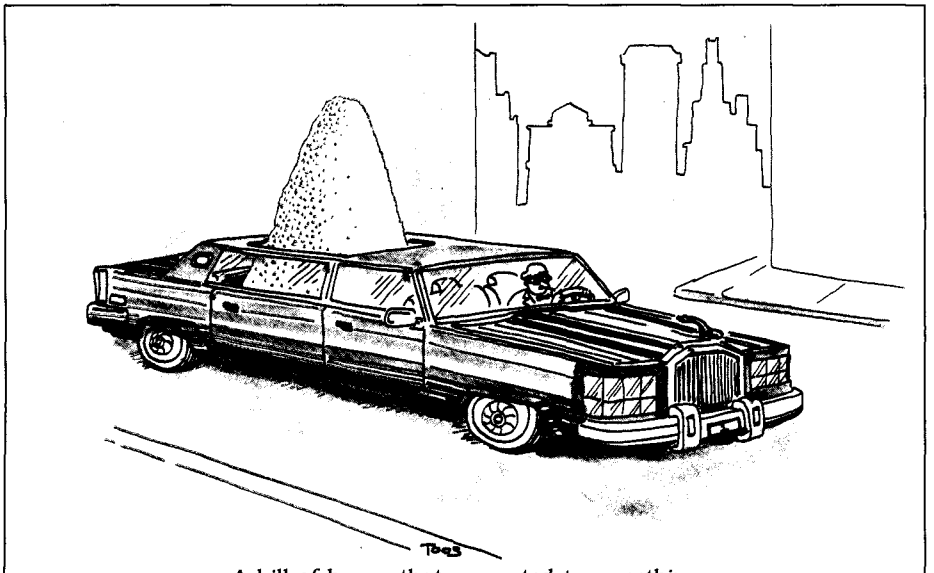
"F-fish-liver oil?" stammered Mr. Bullwinkle. "Are you nuts?"

"Twas you what telled me about them storage tanks. But when we got there the watchman got ornery an' wouldn't give, lend or sell. Guess his belly's sore yet—Big Sam had to sit on it so long whiles our tanks was fillin'," Annie said.

"Wait a minute," Jake interjected. "When you was anchored ya had no oil. So how'd ya get to Deep Cove?"

"We was towed by a shark. Said he was a friend o' yours," Annie told him. "So now shut yer puss! I'm talkin' to Bullwinkle. Now like I was sayin', Horatio, ye're gonna pay that too. An' ye'd better have a net handy to fall into when ye git the bill."

"How much, then?" asked Mr. Bullwinkle bravely. "Fish oil's on'y fish oil. So it can't be too——"



A hill of beans that amounted to something

"This kind is—as you oughta know. Ye towed some of it. In fack"—Annie grinned suddenly—"it's so vallyable that Texas millionaires uses it fer blood. But all it'll cost you is what the watchman screamed last night when we was takin' off—$3,000."

"What *I'll* hafta pay?" Mr. Bullwinkle roared, outraged.

"Who else, pal?" Annie paused. Then, "Any objections?" she asked mildly, her eyes, like blue ice, on his congested face.

There was quite a silence during which Annie patiently waited, while Mr. Bullwinkle's mind performed some interesting financial gymnastics. Then he shook his head. "No," he said finally but with some difficulty. "No objections."

• • •

"Tell me somethin', Annie," Peter asked when, at length, the *Narcissus* chugged serenely back out of Totem-pole Pass, with the empty barge alongside the *Salamander* on a towline astern. "Why'd ya let Bullwinkle off the hook about salvage for savin' for the *Salamander*? Ya could ha' took him fer plenty!"

"Yeah, prob'ly. But—well, I let it dangle apurpose. He's got all them other things to pay an'—an' after all, he's got a livin' to make wid the *Salamander*. So I guess mebbe I never will try an' collect on that. Though I could—an' he knows it, the dirty ratscallion!"

While speaking, she had turned her back to him; and Peter saw that her shoulders were convulsively shaking.

"Aw, come on, Annie, pal," he said, puzzled and concerned. "It's yore business, o' course. I didn't mean to upset ya!"

"I ain't upset, stupid," she said. "I'm laffin'." And when she turned back to him her eyes were wet, her big body still shaking in a paroxysm of silent mirth.

"What's the joke then?" Peter asked, grinning in sympathy.

"I—I dunno. There's jest somethin' about that no-good Bullwinkle what hits me funnybone at times; though other times I could kill him! But if ye ain't got nobody to be mad at an' laugh at too, what fun is they in life? So I guess I'll be a sucker fer his impident brand o' hopeless pocus as long as I live."

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The Soviet Union

Millions of Scriptures Needed in USSR

Need, opportunity combine to overwhelm Bible providers. Help sought from Western Christians.

While European and American politicians, economists and businessmen continue to try to understand the changes in the Soviet Union, Western Christians are being challenged by one of the greatest opportunities for evangelism in this century.

The Soviet Union's present openness to the West makes it possible to bring Bibles in larger quantities than thought possible only a few months ago. In fact, Bibles are even being printed on government-controlled presses inside the Soviet Union.

But it is the spiritual hunger of the people themselves that has turned this openness into an opportunity for evangelism.

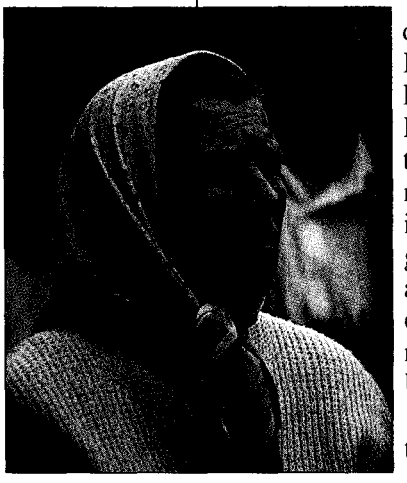
This hunger for the gospel was clearly demonstrated at a Moscow book fair when Russians received New Testaments and began tearing out individual pages and sharing them with others. Men and women were seen with tears in their eyes, clutching the precious pages to their hearts.

International Bible Society was providing Bibles for Eastern Europe even before the communist walls began to crumble.

A colorful video—"A New Day in Eastern Europe"—shot on location and available from the Bible Society, shows dramatically how gifts for Scriptures are meeting the unprecedented demand for God's Word in Europe's former "Eastern Bloc."

Today, International Bible Society is involved in one of its largest projects ever as it attempts to meet that demand in the USSR.

The goal of the massive MOSCOW PROJECT is to deliver 4 million Russian New Testaments to the capital city in the next few months. From Moscow, the Scriptures will be sent out across this vast nation to small towns and large cities—anywhere there are men and women waiting for a copy of God's precious Word.



Moscow's believers have prayed for years that they could have copies of God's Word.

"We have discovered," notes Bible Society President James R. Powell, "that while there is still a certain need for Scriptures in Moscow, the greatest need is out across Russia and the other republics that make up the Soviet Union.

"The people of the USSR are scattered across 11 time zones. To cross the nation by train takes ten days of continuous travel. Taking God's Word to the people of the Soviet Union will not be complete until every person on that 6,000-mile rail line has the Scripture in his or her own hand."

Cooperating with other ministries, the Bible Society has agreed to underwrite half of the $1.6 million needed for THE MOSCOW PROJECT Scriptures.

Commenting on the importance of this project, Bible Society Vice-President of Ministries Eugene F. Rubingh said, "The future direction of the Soviet Union—and the rest of Eastern Europe—is now being decided. These Scriptures will help show the way!" *—by Larry Jerden* {AD}

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Flag-Waving Philly

continued from page 83

Until July 7, the Franklin Institute is showing "Blue Planet," a portrait of our planet on its Omniverse Theater's four-story-tall domed screen. The scenes, many of which were recorded by space shuttle astronauts 330 miles above Earth, are sharper, larger, and more lifelike than anything you've seen in a commercial theater. When the IMAX cameras come down to earth, you experience Hurricane Hugo through the 56 speakers so realistically you'll wish you had your galoshes. The best seats are those just above the projector.

Beginning in September, Philadelphia celebrates the work of realist painter Thomas Eakins, a Philadelphia-born champion of artistic freedom and one of America's most respected artists. The Pennsylvania Academy of Fine Arts will exhibit around 200 of his sketches, manuscripts, drawings, and sculptures, many never shown before. The exhibition will trace his development as an artist and examine his life at home among family and friends, as a student and teacher at this institution, and at work in his studio. In the hands-on display areas, visitors will learn the artistic principles that he taught while director of the academy's school.

Eakins introduced innovative teaching methods. Anatomy courses became technical and detailed. Students dissected human and animal cadavers and analyzed photographs of the human form in action. Eakins' insistence on these practices, among other habits, led to his firing from the academy. Later, the administration recognized his importance to American art and awarded him a gold medal. With characteristic irreverance, he bicycled to the U.S. Mint and exchanged the medal for its cash value.

Antonia Novello

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For now, Novello knows that she is succeeding "because people no longer ask me 'How do I feel in Dr. Koop's shoes,' " she said. During her early days in office, that question was so frequent that she quipped, "I'm going to have to learn a new specialty in podiatry."

When the time comes to step down as surgeon general, Novello said, "I hope by then women will have learned that smoking is not so much fun, that Americans will understand that they have to take a responsibility for their bodies, that young people will no longer think that drinking is cool, and that AIDS will be just one more disease without the discrimination. I also hope clinics will accommodate to family needs, not the other way around, and that we will change the climate of violence in this country so our kids will survive."

And she would like, she said, for people to get her name right. "Antonio Novella," she said, rolling her eyes at this frequent misspelling of her name. "They still think the surgeon general must be a man."

But within four years, it seems clear, Americans will all know and respect the name of this fast-talking, fast-thinking surgeon general.

"I want to be able to look back someday and say, 'I did make a difference,' " she said. "Whether it was to open the minds of people to think that a woman can do a good job, or whether it's the fact that so many kids out there think that they could be me, then all the headaches and the chicken dinners will have been worth it."

You be the Judge

by William Donaldson

Diana's favorite pastime was diving gracefully from the high springboard at the Dolphin Club. In great contrast, Gus, a fellow member, enjoyed underwater swimming as much as if he had been born in a submarine. One otherwise fine day, Diana's shapely figure sliced through the air and into the water just at the spot where Gus happened to be cruising a few feet below the surface. The impact drove him almost to the bottom of the pool, and injured her. After she got out of the hospital, she sued Gus for damages.

"Gus could have stayed away from the deep end of the pool to avoid endangering those of us who like to dive," Diana argued. "Or at least he should have given some warning that he was playing submarine under the springboard. As he didn't, he should pay for my injuries."

"Ever hear the expression, 'Look before you leap'?" Gus countered. "After all, I didn't run into her. She landed on me like a depth charge. It was up to her to make certain the water was clear before she dived in."

If you were the judge, would you rule in favor of the swimmer or diver?

Diana won. A high court ruled that Gus was, indeed, a submerged hazard and should either have stayed out of the diving area or have given advance warning of his underwater presence there.

Based upon a 1940 decision of the New York Court of Appeals.

House

continued from page 75

than a goat. The last of the canned peaches had fermented.

As I mentioned when beginning this sad saga, in tallying our many and varied dwellings since I married my journeyman spouse, I'm not counting our housetrailer or the Velie. I think you can see why.

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Wollypops

continued from page 16

isn't there. If you've ever attended a political convention, or a dedication ceremony, or a testimonial dinner, you may have wondered what all the people were doing. Now you know.

Another time we had guests who brought their little girl with them. Roy came into the room where we were talking and wanted to know where their daughter Amy was. Her mother said she believed she was in the bathroom.

"Well," Roy said, "whereabouts in the bathroom?"

For a child of his age I thought this showed a delicacy of expression and social awareness that was unusual.

And there was Aunt Clara. She became very annoyed one time because the mailman was late. "I was watching by the window," she said, "and he didn't come, and he didn't come, and he didn't come."

I don't think we ever found out why he was late—probably just birdin' around somewhere.

This is the sort of thing you have to expect in life. You wait for something you've set your heart on, and it doesn't come, and it doesn't come, and it doesn't come. At such a time it's always comforting to have a few quotations to fall back on.

As a matter of fact, the pathway of life is a rocky one and strewn with pieces of wollypops.

But that's the way it goes. Sometimes you get the cardboard sled and sometimes you don't.

John Falter

continued from page 50

interesting to note that the artist always painted from the south—that is, in viewing a Falter scene, you are always looking north. Falter later described his painting technique. He began with the most distant objects and then traveled with his brush toward himself, filling in the painting as he went.

By the late '40s, Falter began to loosen up, including some of his own at-home experiences as his cover subjects. He especially relished the whimsical, unpredictable crises that families with small children found themselves in all too often.

The boy on the roof of the garage about to trust his life or limb to a rotar blade was, for example, a recollection from his own childhood. Another was of a boy in his father's U.S. Navy officer's cap cruising his submarine in the family tub, after getting the shower going into disastrous overflow and locking the bathroom door from the inside.

In 1950 Falter painted a cover of President Harry Truman addressing a joint session of Congress. Truman liked it so much that he asked if he might procure it for his personal collection. The artist happily made the journey to the White House for the presentation. Falter later recalled that the President had hunched down in front of the painting, pointed at Mrs. Truman and said, "Yes, sir, that's Bess!" The painting is on display today at the Truman Library.

Falter painted for the *Post* until 1962 when the magazine decided to change from illustrated covers to photographs. After the *Post,* the artist continued to work at a feverish pace on personal projects. These included over 100 paintings of western art, and another 190 canvases of scenes depicting the western migration from the Missouri River to the Rocky Mountains. The quality of his work earned him the position of academician of the National Academy of Western Art. Falter's long list of distinguished accomplishments includes the painting of two U.S. postage stamps. The *Post* was lucky enough to engage the painter one more time in 1971 to paint a cover which featured his daughter and his home in Pennsylvania.

John Falter died in May of 1982. His ashes were cast into the mouth of the Platte River where they would flow down the Missouri—the setting of many of his historical paintings.

Norman Rockwell once remarked that John Falter was "America's most gifted illustrator."

After looking over this retrospective or visiting the Post Hall of Fame, we think you'll agree.

Tracking a Killer

continued from page 61

morning and stays until late at night, taking breaks to make house calls.

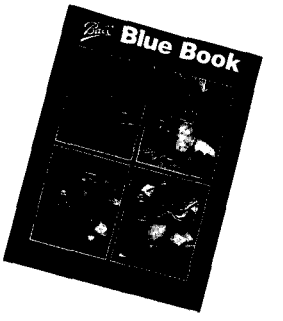
He laments that the files he keeps in one computer need to be transferred to another. But he scoffs at the

continued on page 102

Healthy,

Wealthy

& Wise.



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MEDICAL MAILBOX
by Cory SerVaas M.D.

"Chance fights ever on the side of the prudent."—*Euripides*

Males Should Do Self Breast Exams Too

Dear Dr. SerVaas:

I want to thank *The Saturday Evening Post* for the article on breast cancer in the October 1990 issue, especially the part pertaining to male breast cancer.

I am a 71-year-old male who discovered a lump in his left breast, after reading your article.

A biopsy was performed, and the lump was malignant.

A mastectomy was performed and the pathologist report said that the cancer was in the first stage and did not spread to the lymph nodes.

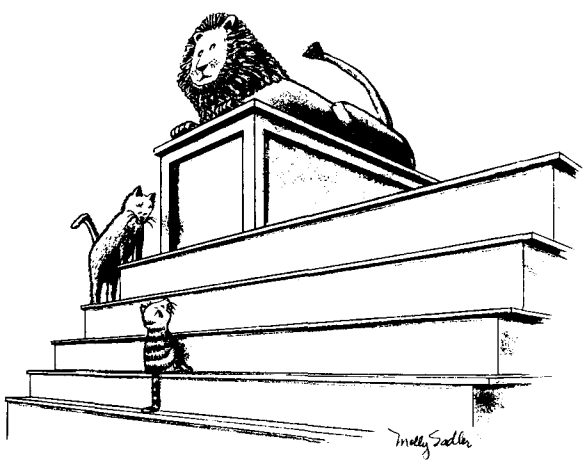
One of the doctors told me that "the article probably saved your life."

Elvin Latsha is alive and healthy today after a mastectomy for his breast cancer.

Elvin A. Latsha
Washington, DC

Thanks for sending your picture. You reminded me that there would be many lives saved if more men would send us their pictures and tell us about their *prostate* cancers. Cancer of the prostate gland and the mammary glands are similar in many ways. More than half of all prostate cancers aren't caught in time for effective treatment. Celebrity women write about their breast cancers all the time, but when was the last time you read the case history of a male celebrity telling of his prostate cancer?

There is a window of time when men's prostate cancers are already detectable, before they spread to the spine, the sacrum, and more distant parts. Prudent males will catch their cancers then.



"It's Arnold Schwarzenegger!"

After 40, men should treat themselves to a digital rectal exam every year, and women who care a lot about their husbands should see that their husbands have an ultrasound of their prostates periodically to make sure nothing is going wrong.

Testing the blood for elevated prostate specific antigen (PSA) is beginning to be used along with the above tests as another way to help determine whether there might be a problem. PSA is an organ-specific marker that, because of greater sensitivity and specificity for prostate tissue, is a valuable tumor marker. PSA levels are normally used after prostate surgery to determine whether any tumor tissue remains after treatment.

Clinical Ecologist Suggested

Dear Dr. SerVaas:

This letter is in answer to the person who wrote to you about formaldehyde in the Jan./Feb. '91 issue.

This person should be going to a clinical ecologist. The problem of formaldehyde is recognized by this type of doctor.

Symptoms include cough, swelling of throat, watery eyes, respiratory problems, throat irritation, headaches, rashes, tiredness, thirst, nausea, nosebleeds, insomnia, disorientation, bronchoconstriction, asthma attacks, etc.

My sister had a lot of formaldehyde in the building materials of her home. They all had to be taken out. This formaldehyde left most of her family very ill.

Available now are special paints that you can paint over the formaldehyde portion of your cabinets, etc. Hope this helps a bit.

Sharon R. Barry
Everett, Washington

Dangers of Colonic Irrigation

Dear Dr SerVaas:

Thank you for printing your "Medical Mailbox." I find the information and advice very helpful.

I need some advice on enemas. Recently I went to a chiropractor and he suggested colonic irrigations for my constipation. He said they were like enemas and would help improve the general condition of my digestive tract. A friend has said this could be harmful. What is your opinion of colonic irrigation?

Michelle Warker
St. Louis, Missouri

Colonic irrigation has been widely used across the United States by practitioners of homeopathic, naturopathic, chiropractic, and nutritional therapies. A report of an

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outbreak of amebiasis, an infection caused by amebas, following colonic irrigation is great cause for alarm.

At a chiropractic clinic in Colorado, patients received colonic irrigations for treatment of constipation, diarrhea, headache, and fatigue, and as a means of establishing a feeling of "well-being." An outbreak of amebiasis occurred in at least 36 patients who received irrigations from the clinic, and six of these patients died.

Upon investigation, the colonic irrigation machine was found to be the culprit. This type of apparatus is hard to clean, and without thorough sterilization of the machine and tubing between irrigations, contaminated fecal material can be transmitted from patient to patient, consequently allowing the passage of infection to occur. Also, the design of the tubing system, if it is not carefully monitored, could allow the dirty water to flush back into the patient.

The reported cases in Colorado are not isolated events, and we recommend that colonic irrigation not be practiced. In addition to the risk of passing infection, the constant flushing of the colon seriously upsets the natural bacterial flora and may injure the intestinal mucosa. This can lead to serious, life-threatening electrolyte imbalance that could facilitate amebic invasion and subsequent disease. Or worse, bowel perforations might occur.

Brain Tumor Help

Dear Dr. SerVaas:

I am writing to advise you of an organization that is a great help after diagnosis of a brain tumor. You recently referred someone to call 1-800-4-CANCER. The Association for Brain Tumor Research has a much broader range of help and experience. For information contact: Patient Education Coordinator, Association for Brain Tumor Research, 3725 N. Talman, Chicago, IL 60618. Phone: 312-286-5571. FAX: 312-549-5561.

Peggy Cullnan
Oak Park, Illinois

Metal Clips and Magnetic Resonance Imaging

Dear Dr. SerVaas:

I am a 65-year-old woman who had magnetic resonance imaging four years ago. I was not informed it should not be done if a person has metal clips (my clips were inserted in 1974 during my gallbladder surgery).

Recently I had an x-ray of my chest. The x-ray showed part of a clip which had not been shown on a previous x-ray two years earlier.

Should I be concerned about this? Is the clip still necessary or should it be replaced?

Jean McColluch
Freeport, Pennsylvania

We spoke about this problem with a Magnetic Resonance Imaging (MRI) specialist at the Indiana University Medical Center who said that certain types of clips do cause problems with MRI, but many clips do not. The reason that metal can be a problem in MRI is that the machine used to create the image uses a strong magnetic field. The magnetic field affects all metals, but the problem occurs when it pulls on magnetic metal objects—those made with ferrous metals. If one of these objects is attached to, or near, an important internal structure, the magnetic field may cause the structure to be damaged as it pulls on the metal.

Before having an MRI, patients are interviewed by an MRI specialist. A determination as to whether the clips or metal in the body could cause problems is then made. People with pacemakers and certain types of artificial heart

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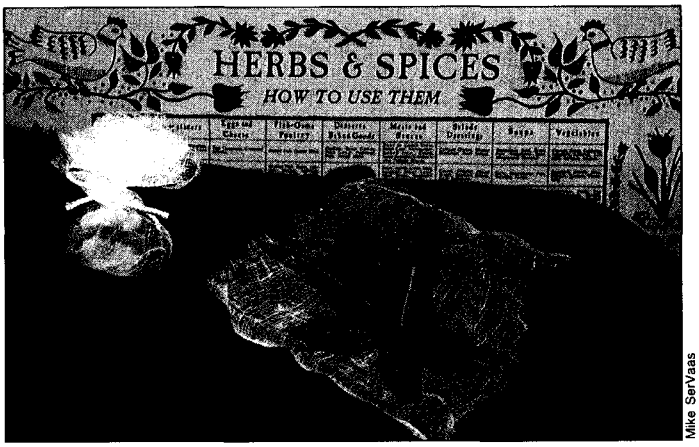
valves should not undergo MRI, but other kinds of heart valves are safe. Problems can arise if one has a clamp for a brain aneurysm, a surgically implanted neurostimulator (with wires inside the body), certain ear implants, or shrapnel near a great vessel, a nerve, or anywhere in the head.

Metal items that are usually problem-free include tooth fillings, clips used in surgery to stop bleeding, and joint replacements; however, it is important to emphasize the need for each case to be considered individually.

Take the Bay Leaves Out

Dear Dr. SerVaas:

I have noticed that many recipes call for bay leaves, but do not advise you to remove them before serving the dish. Can't bay leaves be harmful if swallowed, and if so, shouldn't people be informed that they are supposed to remove them?



Mike SerVaas

I have enjoyed the *Post* for many years, and I am sure that you will want to say something about this, because you have helped so many people in the past.

D. Andrew Lentz
Santa Fe, New Mexico

Thanks for reminding us again about bay leaves. If swallowed, these leaves can be as dangerous as glass. They're not digestible and can have sharp, serrated edges. They never should be left in stews.

Numerous people have gone to the emergency room because they accidentally or intentionally consumed a bay leaf that should have been removed before eating.

One emergency room in Evanston, Illinois, reported five cases of bay leaves lodged in the throats of unsuspecting diners in two years. Another case was reported in which an ingested bay leaf had cut into the muscle of the esophagus. Bay leaves can also cause problems further down in the digestive tract. One person reported to the emergency room with appendicitis-like symptoms caused by a bay leaf and required surgical removal. Another man developed excruciating pain upon defecation because a bay leaf became lodged in his rectum.

Prevention is the key here. Swallowing a bay leaf can be potentially life-threatening, and no risk needs to be taken if simple precautions are followed. If you are preparing a dish that calls for bay leaves, put the bay leaves in a small mesh bag that can be removed when cooking is completed. Watch for bay leaves when you are dining out. Also, if you suspect that you may have swallowed a bay leaf, don't wait to get medical help.

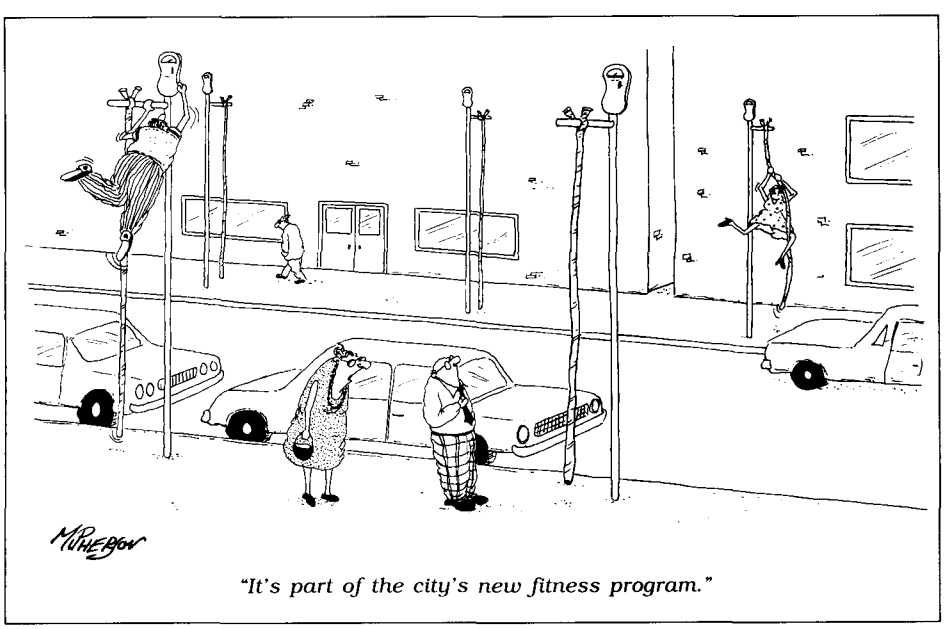
Talcum Powder Danger

It has long been suspected in the medical community that the use of talcum powder by women for sanitary purposes could increase their risk of ovarian cancer. Some recent studies have given credence to this view. Talc has been found in the ovaries of some women, due to the fact that particles can travel from the area around the vagina right up to the ovaries. Talc particles follow the same route as sperm do in reaching the ovaries.

The rationale for suspecting talc as an ovarian carcinogen derives from its chemical relation to, and natural occurrence with, asbestos, a known carcinogen. To compound the problem, one study indicated that the very real risk of ovarian cancer from talc powder was increased when spray deodorants were also used.

Further evidence for this hypothesis is seen in the case of women who have had their fallopian tubes surgically bisected for medical reasons or birth control purposes. These women show no increase in the risk of ovarian cancer due to talcum powder, because the route of transmission from the vagina to the ovary is interrupted.

More research must be done to determine the real association between talc, feminine powder deodorants, and the risk of ovarian cancer, but it is a good idea to avoid using talcum powder on sanitary napkins or around the perineum until more research is done on the subject. Other feminine hygiene products, such as the towelettes, are available that use no powder at all.



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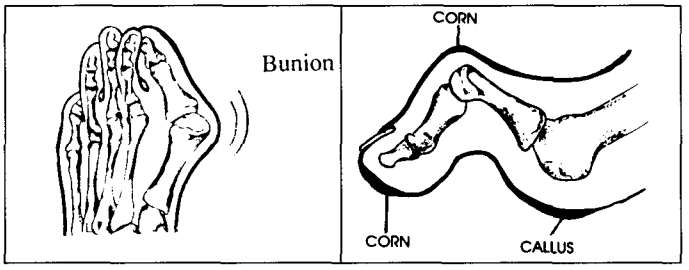
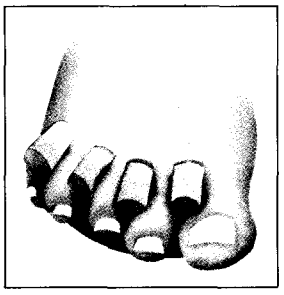


ancing our bodies, and carrying the average person more than 100,000 miles in a lifetime, the foot is considered an architectural and biological masterpiece. Although the foot is strong and flexible enough to absorb 500 pounds of impact (caused by running, for instance) the structure of the foot is extremely delicate—which is why foot problems are so common.



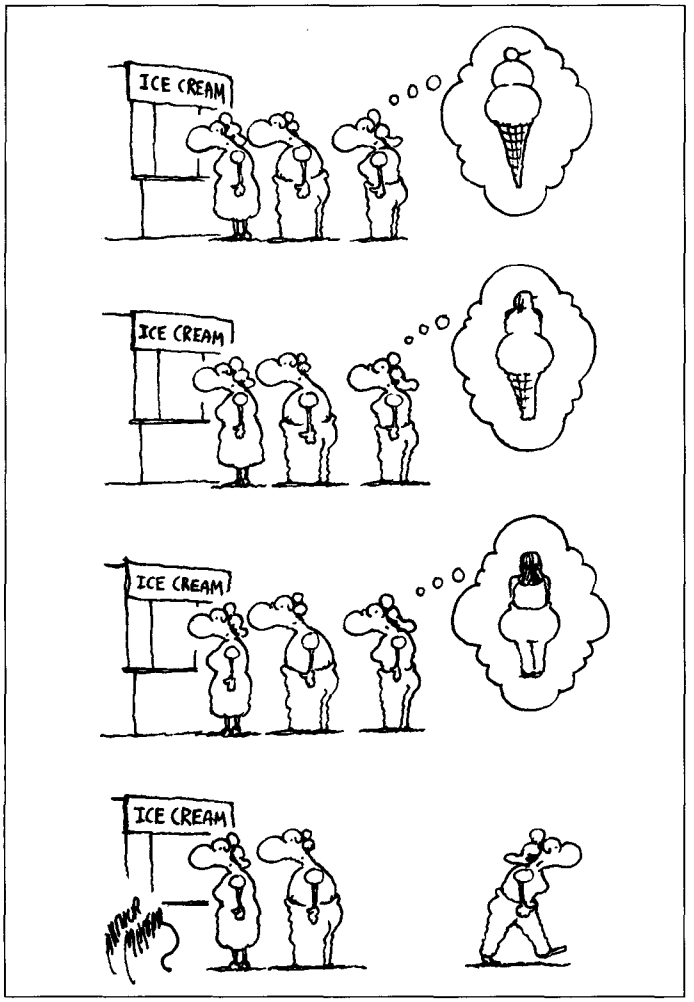
Pedifix's Pedi Cushions

It's hard to fake a happy face if you don't have happy feet. Pointed-toe shoes for women take their toll as women age. High heels and pointed toes can help cause bunions, deviated big toes, corns between the toes, and overlapping toes.

When your feet hurt, the only thing on your mind is sitting down and taking the weight off those sore feet. Thus, not only are your feet in poor health, but your entire body suffers from the inactivity.

We have found some very practical sponge toe spacers, called Pedi Cushions, that could help to keep many young women from developing these deviated toes and corns in the first place. The spacers prevent toes from rubbing against each other and could be of help to those whose feet are already impaired from years of ill-treatment. They're worn right inside the stockings and take up a minimum of space. If the shoes you try on don't allow enough room for these toe spacers, don't buy them. Always look for a generous deep toe box when you buy your new shoes.

Happy feet will let you exercise more and look happier.



Sjögren's Syndrome Dries the Mouth

Dear Dr. SerVaas:

It will be such a comfort to people who are suffering from a condition called Sjögren's syndrome, pronounced "Showgren's," to know that there is a foundation devoted to helping people with this disease.

A friend of mine suffered so from a very dry mouth, her eyes were not yet affected, but could become dry. It took much running from doctor to doctor before one diagnosed her. One doctor, who had practiced 40 years, didn't know about it until confronted, then found it in his medical dictionary. This friend was sucking on hard candy to create saliva. This is *very* damaging to teeth.

Dr. Norman Talal stated, "Sjögren's is one of the most common and least diagnosed rheumatic diseases. It is estimated that as many as three to four million people in the U.S. have this condition, yet we hear very little about it."

For more information on Sjögren's syndrome, send a stamped (75¢), self-addressed envelope to: Sjögren's Syndrome Foundation, 382 Main St., Port Washington, NY 11050.

Eva Trandal
Watertown, South Dakota

Sjögren's syndrome is an inflammatory disorder of unknown cause. Its most common symptom is dryness of the mucous membranes in places such as the mouth and eyes.

Eye dryness is caused by atrophy of the tear-producing glands that are responsible for lubricating the eyes. In some cases, the dryness of the eye can be so bad that the cornea is severely damaged.

Treatment for the dry eyes is often as simple as using special eye drops or artificial tears. In severe cases, soft contact lenses may be worn, and, as a last resort, surgery to reduce further tear loss may be attempted.

There also may be atrophy of the salivary glands, which results in extreme dryness of the mouth. This makes chewing and swallowing very difficult. The lack of saliva also predisposes the person to tooth cavities because the natural cavity-fighting protection of the saliva is lost. The mucous membranes in the nose may also be affected, leading to the loss of smell and taste.

The dry mouth and dental cavities can be prevented by sipping fluids throughout the day, chewing sugarless gum, and using a special mouthwash. Excellent oral hygiene, including frequent dental checkups, is very important. Antihistamines and decongestants should not be used, if possible, because they decrease saliva production.

Mucous membranes in the throat and lungs might be in-

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volved, which can lead to lung infections such as pneumonia that sometimes can be fatal.

Other organs that can be affected include the liver, kidney, pancreas, spleen, digestive tract, and the cardiovascular and nervous systems. Sjögren's syndrome patients also have 44 times the risk of developing lymphoma, and are at increased risk for certain blood disorders. Arthritis similar to rheumatoid arthritis occurs in one third of Sjögren's syndrome patients, but this is usually milder than rheumatoid arthritis and is not associated with joint destruction.

Tiny Ticks Cause Big Problems

Dear Dr. SerVaas:

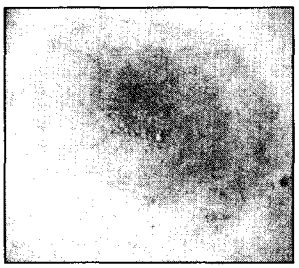
Please send me any information you have on Lyme disease and an address where I might get information from people who also have Lyme disease. Thank you.

Wanda E. Stewart
Green Valley, Arizona

Lyme disease is caused by a spiral-shaped bacteria called *Borrelia burgdorferi.* This spirochete is transmitted to humans and animals by a variety of different ticks. The ticks' scientific category names are *Ixodes dammini* (deer and bear ticks), *I. pacificus* (western black-legged tick), *I. scapularis* (black-legged or shoulder tick), and *Amblyomma americanum* (lone star tick), which also causes Rocky Mountain spotted fever. While biting their victims, the ticks deposit the spirochetes into the bloodstream. The heaviest concentrations of the disease have been found in the Northeast, upper Midwest, Georgia, Missouri, and along the northern California coast. Incidences of Lyme disease have been reported in nearly every state and appear to be spreading rapidly. In the East, the peak months for infection are June and July because people and house pets often go into the tick-infested woods during the warm summer months. The West is in its peak Lyme disease season from October to June. However, there is a year-round risk of infection.

The adult female deer tick (right) is about half the size of the ticks commonly found on dogs (left).

Lyme disease is often difficult to diagnose, because its wide-ranging symptoms resemble those of many other diseases. Within several weeks or months after being bitten, most people, but not all, develop a reddish, "bull's-eye" rash. Other symptoms of the disease range from malaise, fever, headaches, and fatigue to heart arrhythmias and Bell's palsy (facial paralysis).



A bull's-eye rash is a distinctive symptom of Lyme disease.

The disease is also difficult to diagnose because detectable levels of antibodies do not show up in the victim's blood for at least four to six weeks after being infected, and sometimes up to six months. Some people never produce antibodies and may go undetected even though they have the disease. Furthermore, once antibodies are detected, it is often unclear whether Lyme or another pathogen is responsible. However, researchers are currently working on new tests for Lyme disease that look directly for the Lyme disease bacteria themselves. Researchers are trying to find ways to obtain the test results more quickly and make the tests less costly to the patients. Once the disease is detected, prompt antibiotic therapy is generally effective. If the disease has progressed past the initial stages, stronger and more intense antibiotic therapy may be required. If left untreated, chronic complications such as arthritis and heart and nervous system disorders can result.

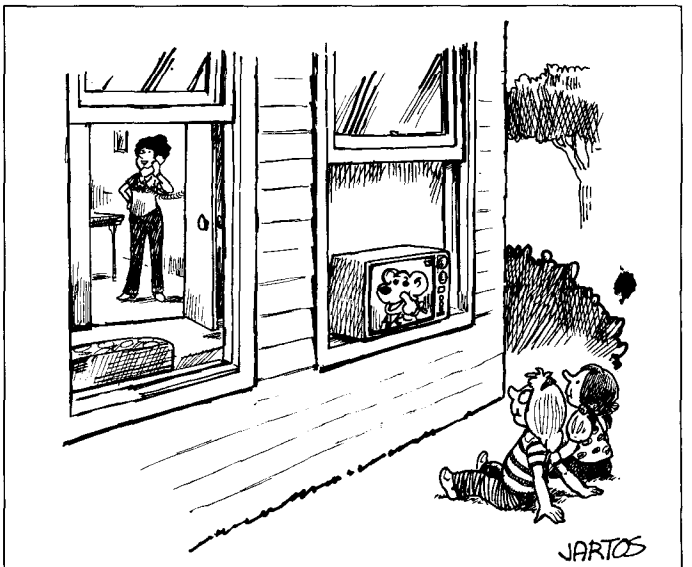
We can minimize our risk of exposure to ticks by wearing light-colored clothing, long-sleeved shirts, and tucking the pants into socks while outside. Using an insect repellant containing DEET (diethyltoluamide) can also be effective, but avoid products that have more than 50 percent DEET. These products provide no increased protection and may prove dangerous to some people, especially young children. Protect pets by fitting them with tick collars and checking their fur frequently for ticks. Always check your own skin after being outside. If you believe you may have been infected, seek treatment from a physician promptly, because waiting will only cause further complications.

For more information about Lyme disease, contact the Lyme Borreliosis Foundation at 203-871-2900, or send an SASE to P.O. Box 462, Tolland, CT 06084. They can provide a medical referral for physicians who specialize in the treatment of Lyme disease. Patients who want to write to other Lyme disease sufferers should send their names and addresses to the SatEvePost Society.

Higher Beta Carotene Carrots

Carrot producers and agricultural scientists have developed a carrot that is higher in vitamin A. *Beta carotene* is the form of vitamin A that we consume when we eat vegetables, and it is converted by the intestines to vitamin A. It is also the substance that gives carrots and many other vegetables their orange color.

Until two years ago, only 3 percent of carrots were the kind high in beta carotene, but now approximately 30 percent of the carrots are of the high-carotene type.



"I finally got the kids outside and away from the television."

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Vitamin A is thought to decrease the risk for many types of cancer because of its role as an antioxidant. This means that vitamin A helps change any harmful substances in the body into less harmful ones.

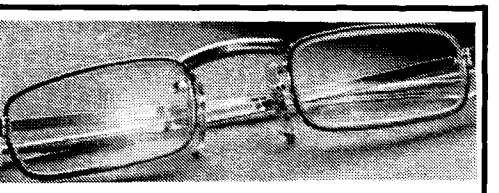
Vitamin A is also important for many processes in the body, and the lack of it can cause severe problems and be fatal. The effects of vitamin A deficiency are inversely related to age, which means that children are affected most. Growth retardation is a common manifestation in children, and greater susceptibility to infections can occur at all ages.

We have all heard that carrots are good for the eyes. This is because vitamin A is involved in night, day, and color vision. Insufficient intake can cause poor night vision, decreased dark adaptation, and even blindness.

Vitamin A is involved with the functioning of normal epithelial tissue, and a lack of it can dry and harden the eye tissue, lungs, and the digestive and urinary tracts. Other problems resulting from vitamin A deficiency are defective taste and smell, and anemia.

Change Tiny Small Print Into Large Sharp Print

Miracle Magnifying Glasses



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National CancerFax Line

CancerFax line is provided by the National Cancer Institute. It allows physicians and patients who have access to a fax machine to call a central number and receive the latest information on over 120 different forms of cancer. There is information for patients and more technical information for physicians. This service is provided free, and the only cost is the price of a standard long-distance phone call. It operates 24 hours a day, 7 days a week, and is updated monthly. The number to call is: 1-301-402-5874.

1-800 Helplines:

We have checked out the following 800 numbers. They all offer free advice and assistance for medical problems.

- National Spinal Cord Injury Association: 1-800-962-9629
- American Diabetes Association: 1-800-232-3472
- American Foundation for the Blind: 1-800-232-5463
- United Cerebral Palsy Association, Inc: 1-800-872-5827
- Cancer Information Service: 1-800-4-CANCER or 1-800-638-6694
- Epilepsy Foundation of America: 1-800-332-1000
- National Reye's Syndrome Foundation: 1-800-233-7393
- Safe Drinking Water Hotline: 1-800-426-4791
- American Heart Association: 1-800-877-9901
- National Society to Prevent Blindness: 1-800-331-2020
- Dial a Hearing Screening Test: 1-800-222-EARS
- Indiana Poison Center: 1-800-382-9097
- Alcohol: 1-800-ALCOHOL
- National Down's Syndrome Society: 1-800-221-4602
- Pregnancy Hotline: 1-800-238-4269
- Y-ME National Organization for Breast Cancer: 1-800-221-2141
- National Hemophilia Foundation: 1-800-42-HANDI
- Crohn's and Colitis Foundation of America: 1-800-343-3637
- Arthritis Foundation: 1-800-283-7800
- Alzheimers Association: 1-800-621-0379 (IL 1-800-572-6037)
- National Multiple Sclerosis Society's Information Service: 1-800-624-8236
- National Council on Alcoholism and Drug Dependant's Hopeline: 1-800-MCA-call
- American Academy of Allergy and Immunology: 1-800-822-2762
- National Allergy and Asthma Network: 1-800-878-4403
- Lung Line: 1-800-222-LUNG
- Orton Dyslexia Society: 1-800-ABCD-123
- Cleft Palate Foundation: 1-800-24-CLEFT

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Tracking a Killer

continued from page 93

idea that someone else could do the work. "It would take me twice as long to teach somebody to do it right than it would take me to do it."

Such independence is no surprise to his old mentor, Dr. Levy. "Holmes' set-up is ideal for him. He doesn't work well in conjunction with others. He likes to do things himself. I think he always has doubts about whether somebody is doing work that meets his standards."

His dedication has strained his home life. After his accident, Caroline told him that if he got home after 8 p.m., he wouldn't be let into the house. "I'm not trying to change his work habits," she says. "I just don't want him to work 20 hours at a stretch and think he needs to drive home. It's better if he stays over with friends."

With the construction of the clinic, the family plans to move to Lancaster County, and put an end to the hour-long commutes. If Dr. Morton has his way, they will live in a house within "walking distance of the new clinic."

The two-story building is built on three acres of land donated by Jacob and Naomi Stoltzfoos, an Amish couple whose granddaughter had been diagnosed with glutaric aciduria. So far, her condition has been monitored carefully and she has been spared the effects of the disease.

The frame of the clinic was built using the post-and-beam technique mastered by the Amish and Mennonites. Last November, nearly 100 local men erected the structure. Since then the interior and exterior walls have been added along with the plumbing and other technical details.

Visiting the site in January, Dr. Morton encountered Jacob Stoltzfoos, who was working that day.

"Looking beautiful," Stoltzfoos said, proudly.

"Our clinic certainly is," Dr. Morton replied.

As he wandered the 2,700-square-foot main floor of the building, Dr. Morton's glee was palpable. Standing in the space that will be his office, he looked out a window that overlooks a creek. "There's trout you can fly-cast for in there," he said, alluding to one of the few pleasures he allows himself outside medicine.

Later, he paused where his lab will be. "This will probably be the only lab in the country with exposed posts and beams," he said with a chuckle. He added, "I know I'll spend the rest of my life working here.

"I believe we can prevent brain injury in the majority of children who have glutaric aciduria. I expect that over the next ten years the fate of 50 or more children will be determined by the success or failure of the clinic. That provokes a frightful sense of responsibility in me. That's what motivates my work."

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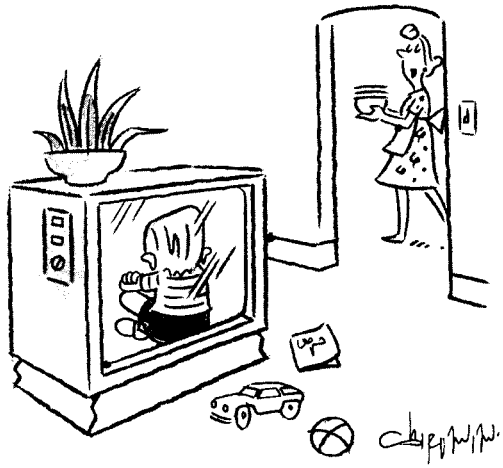

"Don't sit too close, dear."

"We can withstand one charge, Ethel, but the second is sure to get us."

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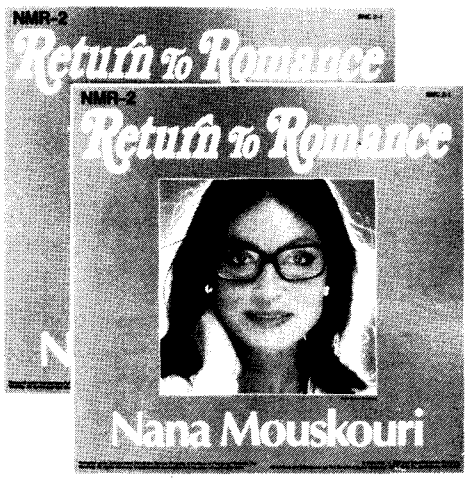

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Till The Rivers All Run Dry
Amazing Grace
A Place In My Heart
Addio (Verdi)
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I Never Will Marry
There's A Time
Let It Be
Morning Has Broken
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I CAN'T BELIEVE HE'S IN COLLEGE ALREADY—I USED TO THINK ABOUT HOW THINGS WOULD CHANGE FOR HIM AFTER HE LEFT HOME. BUT I DIDN'T REALIZE HOW THEY WOULD CHANGE FOR ME... HOW MUCH I'D MISS HIM OR HOW MUCH I'D LOVE TO HEAR FROM HIM. I REMEMBER WHEN I WAS TEACHING HIM HOW TO WRITE HIS NAME FOR THE FIRST TIME AND HOW PROUD HE WAS WHEN HE FINALLY DID IT—NOW I'M THE PROUD ONE...

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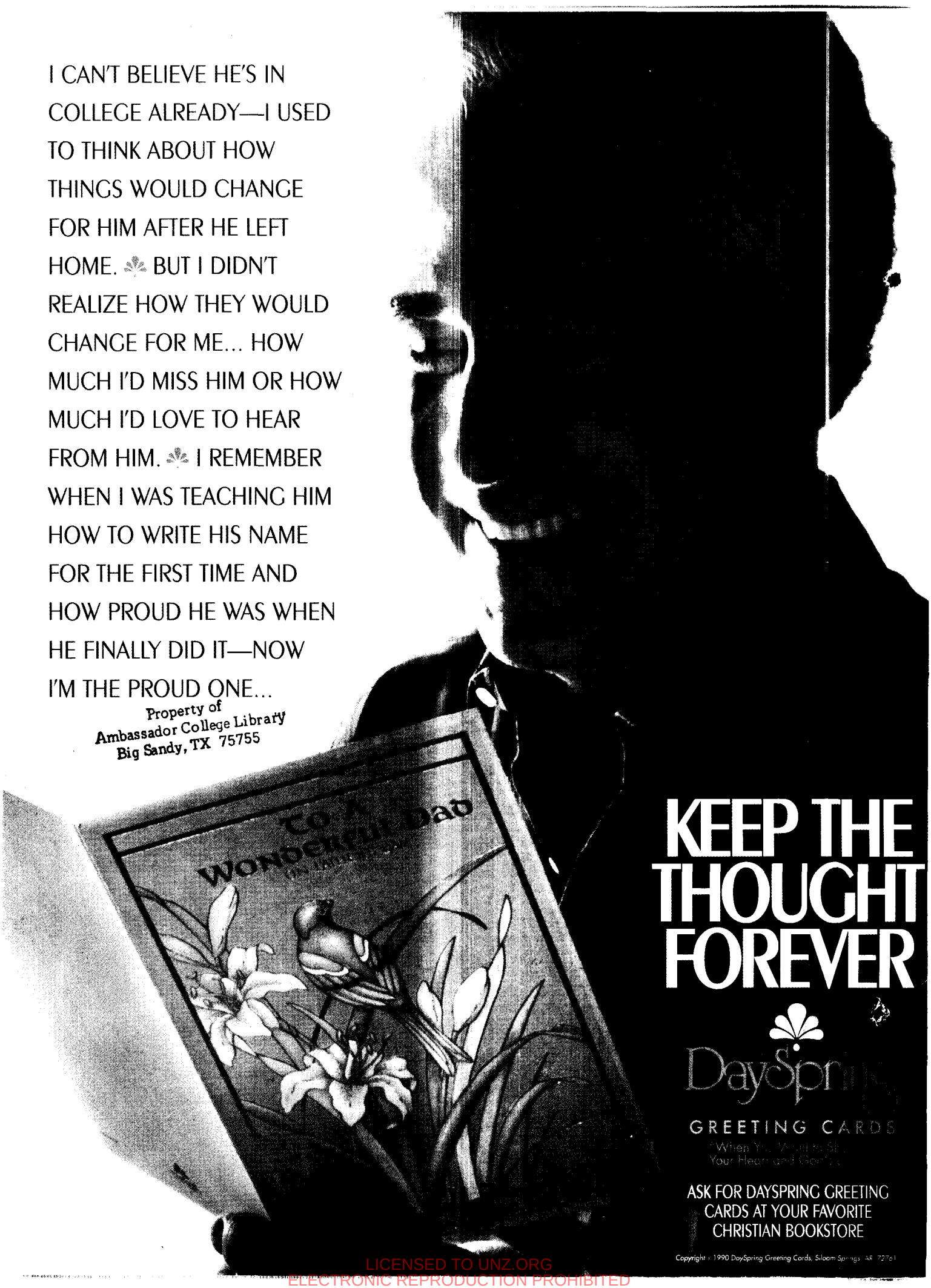
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